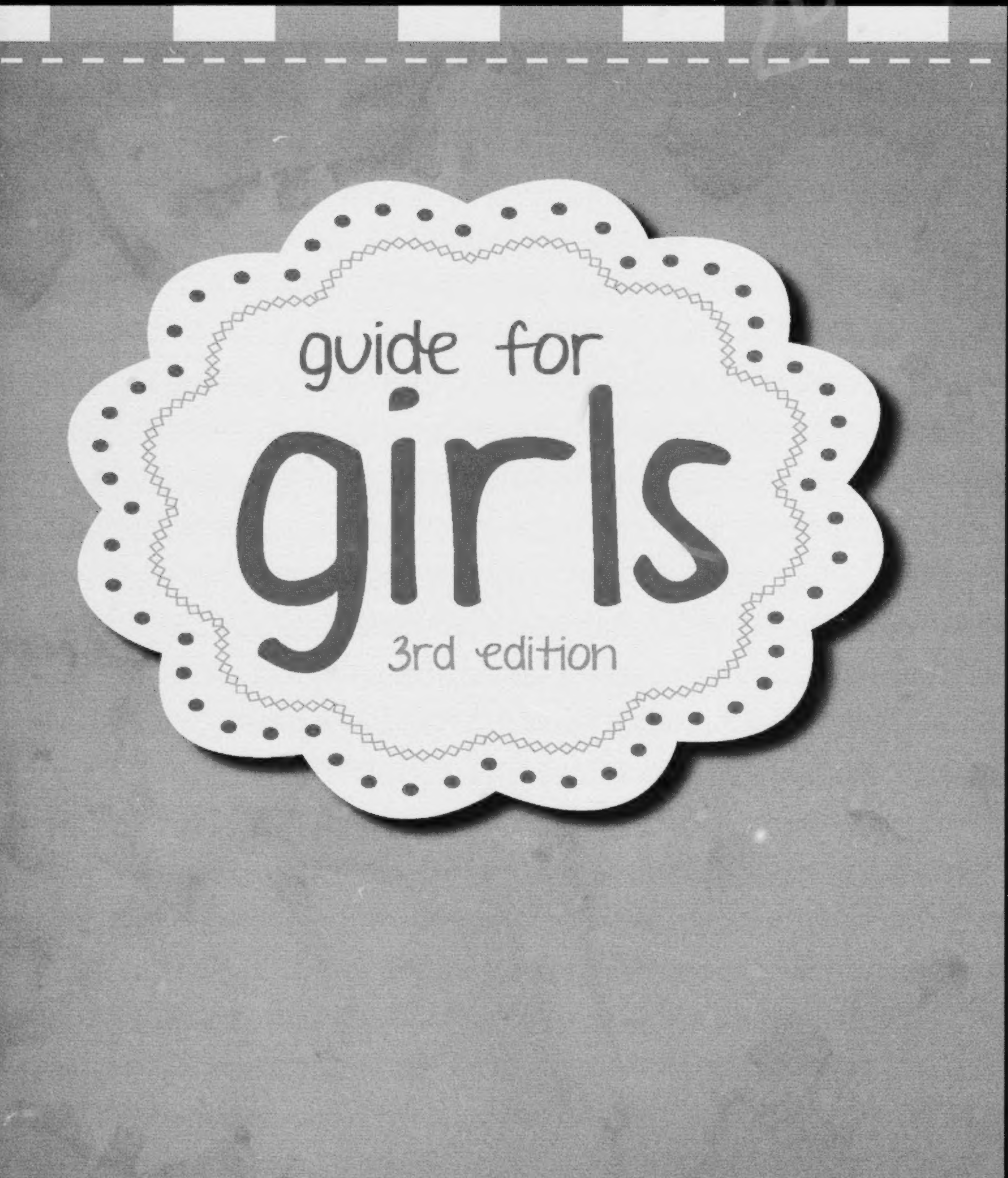
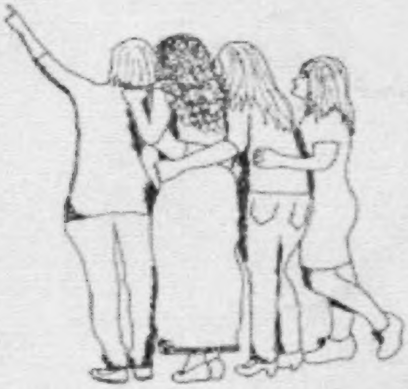


guide for girls

3rd edition

guide for

girls



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This third edition of **Guide for Girls** was published by
the Advisory Council on the Status of Women
to celebrate International Day of the Girl on October 11th.
This book was created especially for girls throughout Nova Scotia.
We hope you enjoy this book.

Though it is the third edition, if you have ideas or opinions
about it that you would like to share,
please email us at **women@gov.ns.ca**.
We are looking forward hearing from you.

A Note about websites and addresses

When we created the book, we reviewed every website listed and we checked the addresses. They were fine then, but may have changed by the time you read this. If you visit a website and it has changed, especially if it has been taken down or has become something quite different and unpleasant, we would appreciate hearing from you at the email address above.

You can also visit our website to find more links for girls at **www.women.gov.ns.ca**.

WELCOME TO

GUIDE for girls

Here, girls can explore different areas of life like school, work, friends, family, community and relationships. No matter who you are, where you come from, and what your goals are in life—this book is for you. We all learn and absorb information in our own way. **Guide for Girls** has information, games, reflection questions, and stories that may guide you through life's journey. This book can be used as a journal, and as a reference guide to the many resources and services available for you throughout Nova Scotia.

This book belongs to you.
Feel free to write in it...

HOW TO USE THIS GUIDE

1. Open it up! This book is made for you! It's yours and only yours!
2. Check things out. Read the sections and find the information you need.
3. Write or draw your thoughts. Ask questions. Look for answers.
4. Scribble and mark anywhere and everywhere. It's your book, you can do whatever you want with it!
5. Post photos... rip out pages...turn pages into posters ... It'll remind you about how fun and awesome it is to be a girl.
6. Discover and express yourself. Explore your culture and your history—and where you want to be in the future.
7. Be awesome.
8. Be a girl.
9. **BE YOU**

NOTES

GIRL POWER

THE POWER OF BEING A GIRL

IS DICOVERING, expressing
and pursuing **WHO YOU ARE!**
As you go through life's journey
KNOW YOU ARE VALUABLE. YOU ARE UNIQUE.
YOU HAVE A VOICE.
Celebrate what makes us
different and similar.
CELEBRATE OUR DIVERSITY!

CELEBRATING GIRLS

According to Statistics Canada, over 67,435 girls ages 14 and younger were living in Nova Scotia in 2011. Each one of you are special. You can discover yourself by exploring different activities such as participating in school, sports, art, music and nature.

• •

Since the end of the 19th century, Canadian women have been working to establish equality and equity between genders. Women have not always experienced equality in the areas of politics, the law, the economy, and even within families and communities. Through countless campaigns and activism, girls and women are now able to fully participate and lead in many areas of society.

In 2013, we celebrate a historical moment in Canadian politics—we have six female Premiers! More women of all ages are attending university and college, and more are working in different areas such as business, government, the not-for-profit sector, education, and law. Women and girls also continue to work and gain momentum in the fields of science, technology, trades, engineering, and math. But we need you to keep the momentum going! So be free to discover who you are, and explore the many different things that you like and enjoy doing.

YWCA Canada has many resources for girls including:

A Girl's Guide to Knowing Her Rights – a publication that speaks about the rights of girls at home, at school, and at work (ywcacanada.ca/data/documents/00000083.pdf). If you want more information, check out their website ➡ www.ywcacanada.ca

Guide for Girls is here to support you in reaching your potential as you continue on your life's journey.

you are

VALUABLE

As girls, we have value and
we can celebrate who we are.

Life is all about discovery and
acceptance of ourselves and of others.

Think positive!

You are wonderful in so many ways
both inside and out.

CELEBRATE BEING A GIRL!

I AM SPECIAL BECAUSE...

I CAN DO MANY THINGS LIKE...

I LIKE AND ENJOY...

you have a voice

express yourself

welcome others

appreciate our differences

Every girl has a voice!

Some may be soft, some may be loud,
some may use words, some may use art,
some may use music, some may dance...
but we all have a way to express ourselves
and share what's in our hearts and our minds.

discover your expression

share your stories

be positive

stand up for what is right

draw or paste an image of how you express yourself!

What are you passionate about?

What are ways you can share what's on your mind?

CELEBRATE

Diversity describes the many differences and similarities that exist among people. It is what makes each of us special and unique. Diversity includes characteristics that are seen, such as our race, ethnicity, colour, language, and sex. But it also includes characteristics that are not so obvious, such as our gender, sexual orientation, age, ability or disability, religion, political belief, cultural heritage, family background, social class, education, and geographic origin. It takes time and curiosity to get to know ourselves and others well. It also takes time and effort to respect and appreciate our differences and similarities.

Post a photo of yourself, friends, or family.

DIVERSITY

I am unique because…

____

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____

____

My friends and family are diverse because…

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Nova Scotia's Cultural Diversity

Nova Scotia is home to people from all over the world. Early cultures found in Nova Scotia include Mi'kmaq, our founding people, and Acadian, African Nova Scotian, and Gaels, as well as English, German, Scottish, Irish, and American.

Twenty-five million people in North America can trace their families back to Nova Scotia during the past 400 years.[1]

To find out more about Nova Scotia's rich cultural heritage, check out the following websites and learn more about our diversity:

Aboriginal Affairs → www.novascotia.ca/abor

Acadian Affairs → www.gov.ns.ca/acadian/en/index.htm

African Nova Scotian Affairs → www.ansa.novascotia.ca

Gaelic Affairs → www.gov.ns.ca/oga

Nova Scotia Communities, Culture and Heritage → www.novascotia.ca/cch

Nova Scotia Virtual Archives → www.gov.ns.ca/nsarm/virtual

Office of Immigration → www.novascotiaimmigration.ca

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[1] Source: NS Genealogy (accessed June 11, 2013) www.gov.ns.ca/nsarm/genealogy.asp

Canada is a nation of nations, with many immigrants calling it their new home.

This is part of our cultural, ethnic, and linguistic diversity. Immigrants to Canada come from all over the world and together we add to the rich diversity of our communities.

Nova Scotia continues to welcome immigrants from all over the world. When did you or your ancestors arrive?

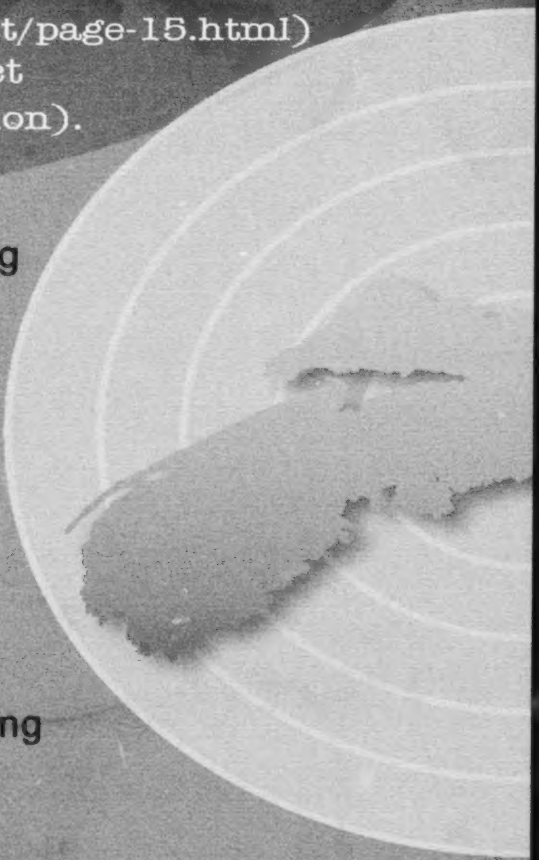
Between 2005 and 2009, here is a list of the top ten countries where immigrant children to Nova Scotia were born:

1 United Kingdom
2 China
3 United States of America
4 United Arab Emirates
5 Iran
6 Philippines
7 Saudi Arabia
8 Kuwait
9 Egypt
10 Taiwan[2]

---

[2] Source: NS Office of Immigration "Immigrant Children in Nova Scotia 2005-2009" (accessed June 11, 2013) http://immigration.novascotia.ca/sites/default/files/immigration%20facts-children-2010-Dec21.pdf

In Nova Scotia, our diversity is protected through our human rights, both through the Canadian Charter of Rights and Freedoms (➡ www.laws-lois.justice.gc.ca/eng/Const/page-15.html) and the Nova Scotia Human Rights Act (➡ www.humanrights.gov.ns.ca/legislation).



Did you know that in Nova Scotia, the following human rights are protected under law?

- Age
- Race
- Colour
- Religion
- Creed
- Ethnic, national or aboriginal origin
- Sex
  - including pregnancy and breastfeeding
  - pay equity
- Sexual orientation
- Gender identity and gender expression
- Physical disability
- Mental disability
- Family status
- Marital status
- Source of income
- Irrational fear of contracting an illness or disease
- Association with protected groups or individuals
- Political belief, affiliation or activity.

The law, through the Nova Scotia Human Rights Act, prohibits harassment and discrimination based on these characteristics.

For more information about human rights, visit the Nova Scotia Human Rights Commission ➡ www.humanrights.gov.ns.ca.

You can also check out other websites for specific information about

Gender Identity and Sexual Orientation
Youth Project → www.youthproject.ns.ca

Girls and Women
Advisory Council on the Status of Women → www.women.gov.ns.ca
Girls Action Foundation → www.girlsactionfoundation.ca

Mental Health
Teen Mental Health → www.teenmentalhealth.org

Multiculturalism
Multicultural Association of Nova Scotia → www.mans.ns.ca
Canadian Centre for Diversity → www.centrefordiversity.ca

Persons with Disabilities
Disabled Persons Commission → www.disability.novascotia.ca
DAWN Canada → www.dawncanada.net

Religion
Canada's Office of Religious Freedom → www.international.gc.ca/religious_freedom-liberte_de_religion/index.aspx

WELCOME TO

THE GIRL'S GUIDE TO
feeling fine

THINK ABOUT THIS QUESTION!

WHAT DOES WELL-BEING MEAN TO YOU?

WHEN DO YOU FEEL HEALTHY, ENERGETIC, HAPPY?

When you're healthy, you live well, look well and feel well. There are many things that influence our health.

write down what makes you happy and healthy!

____

____

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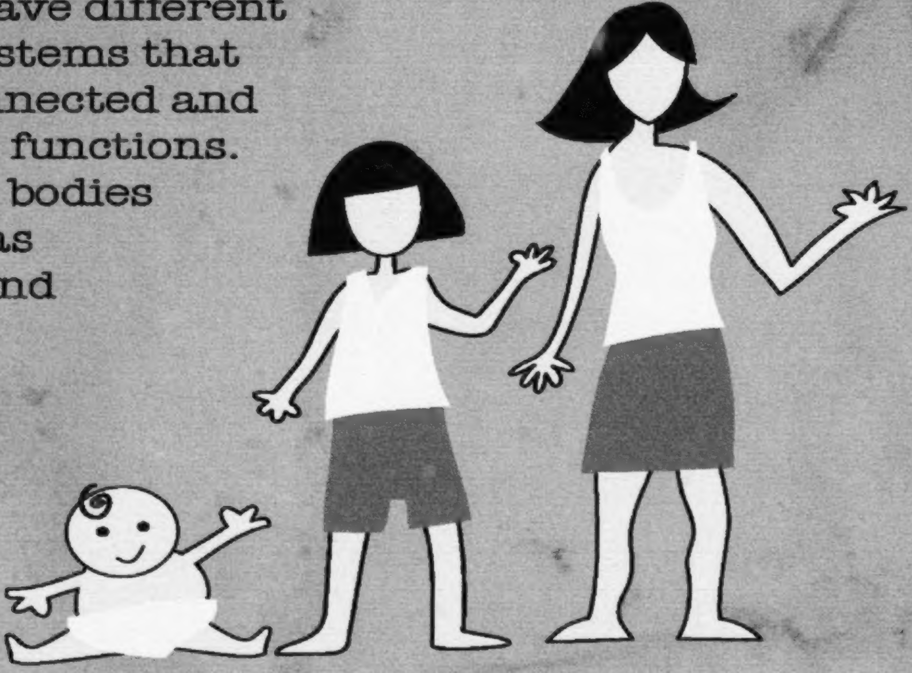
____

____

Health is important to everyone. Being healthy is not just about "not being sick." It's much more than that. Being healthy includes caring for our physical bodies, how we feel and think, the situations we find ourselves in, the diversity of who we are (see page 10), our relationships with others, and the environments that we live in. The interactions of all of these factors affect our health. Researchers have called these interactions the "social determinants of health." To find out more information, you can visit this website → www.thecanadianfacts.org.

Our physical bodies

Our bodies have different parts and systems that are inter-connected and have specific functions. Our physical bodies also change as we develop and grow older.



Taking care of our bodies is important to being healthy.

There are many ways we can take care of our bodies including the following activities:

- Eat healthy and well
- Drink lots of water
- Be active
- Get enough sleep
- Practise good hygiene

eating healthy and well

What we eat is absorbed by our bodies, and affects our health. When we eat healthy and well, we can...

have more energy

have stronger muscles and bones

have a healthy body weight

be sick less

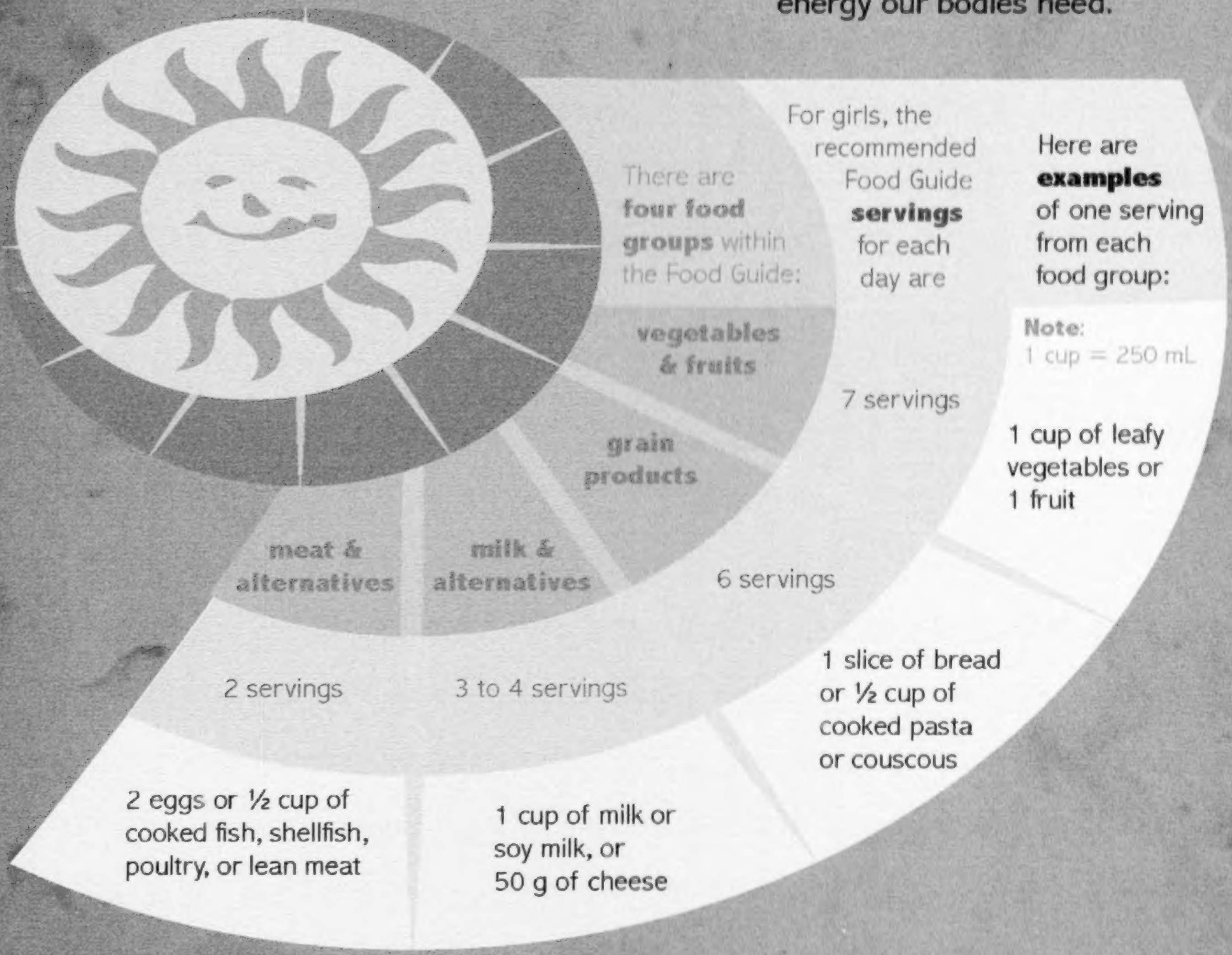
have better health overall

feel and look great

Thrive!

A plan for a healthier Nova Scotia

The plan for a healthier Nova Scotia called **Thrive!** refers to the *Eating Well with Canada's Food Guide*, which describes the amounts and types of foods we need to get the right balance of nutrients and energy our bodies need.



There are **four food groups** within the Food Guide:	For girls, the recommended Food Guide **servings** for each day are	Here are **examples** of one serving from each food group:
vegetables & fruits	7 servings	1 cup of leafy vegetables or 1 fruit
grain products	6 servings	1 slice of bread or ½ cup of cooked pasta or couscous
milk & alternatives	3 to 4 servings	1 cup of milk or soy milk, or 50 g of cheese
meat & alternatives	2 servings	2 eggs or ½ cup of cooked fish, shellfish, poultry, or lean meat

Note: 1 cup = 250 mL

For more information about Canada's Food Guide, visit:
http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

What are your favourite foods?

All food is great in moderation! What are your favourite snacks?

VEGANS AND VEGETARIANS

A vegetarian is someone who does not eat meat, but may still eat fish and eggs for protein. A vegan is someone who does not eat anything that is produced from an animal, including fish, eggs, meat, dairy (like milk and cheese), and honey.

If your diet is vegetarian or vegan, you may need supplements like iron and calcium to ensure you have all the nutrients your body needs.

For more information, you can speak with a health professional, such as your family doctor or a dietician.

It is also important to **drink plenty of water** every day, especially when the weather is hot and when you are very active. Your body needs water to stay hydrated.

How many glasses of water do you drink every day?

Did you know that there are community gardens in Nova Scotia? You can check out this website to locate the community garden nearest you ➡ www.nsen.ca/i_communitygardens.php

BEING ACTIVE

Our bodies are meant to move.

Every teenager needs at least ***60 minutes of physical activity during the day****. It's about moving a lot daily and not necessarily about training as an athlete.*

Being physically active is one of the ***best things you can do to feel good and be healthy***. Being active can also improve concentration and learning to help you at school.

You don't have to give up the computer, your video games, or smartphones to be active. Limiting the use of technology a few hours a day can help you find more time to be active. Chances are, your friends who are having fun in recreation, sports, and outdoors are not spending all of their time playing online.

To be active, you don't have to lose out on time with friends either. Look for a friend in your neighborhood or school who would like to do an activity with you. Activities are more fun when shared with friends.

BEING HEALTHY
BEING ACTIVE

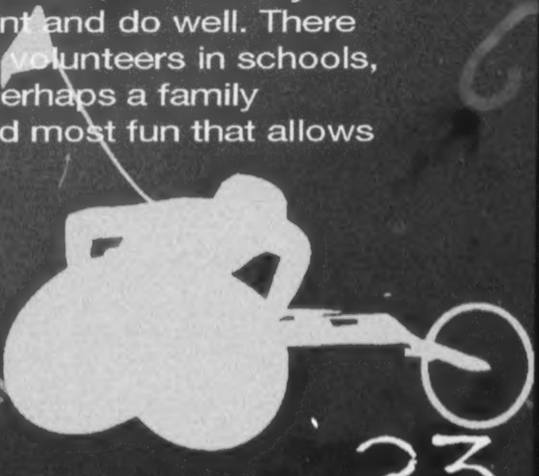
*Try different physical activities until you find the ones you consider **most fun**.*

There are so many to choose from—walk or cycle to school, dance in the bedroom to your favourite music, try sports during school lunch period, swim at a supervised beach, skate on a pond with your family, or follow a yoga video online. Check with the school, municipal recreation department or youth groups in your area for programs or facilities like a gym, pool, track or trail.

It can sometimes feel uncomfortable doing activities around certain people. You may feel unsure about your body and clothing. You may worry others will disapprove of the activity you like. Being a girl does not have to limit what activities you choose or how you participate. You don't need to look a certain way to join in. The more you move, the more confident you will become with the way your body looks, moves and feels. When you find an activity you enjoy, it is just one part of who you are; it doesn't define everything that you are.

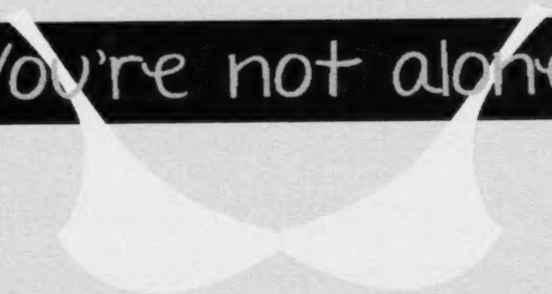
You may believe you don't have enough physical skills or the ability to learn new skills. Work on small goals, one after another, and soon you will have more experience to help you be confident and do well. There are people who can help—teachers and program volunteers in schools, program leaders in community organizations or perhaps a family member. The key is to find an activity that you find most fun that allows you to move around everyday.

What physical activities do you enjoy doing?



girl STUFF

You're not alone!



Our bodies change as we grow older. For most girls, this includes developing breasts and getting your period. Safe and trusted family members and health professionals can guide you as you navigate through these kinds of "girl stuff" such as purchasing the right size bra, using female care products, and getting advise from medical professionals about decisions you need to make such as your sexual health.

It may feel a little awkward, but don't worry.

You are not alone!

There are safe and trusted adults who can help you go through these transitions.

When we get sick

Getting sick is normal.

One way that people get sick is through germs which are microscopic and hard to see. They can creep into your system without you noticing. Often times, germs spread through the air through sneezes and coughs, and through bodily fluids. One of the best ways to protect your body is to keep your immune system strong by eating well, drinking enough water, staying physically active and getting enough sleep. These healthy habits allow your body to fight germs. Another way you can prevent getting sick is keeping good personal hygiene—like showering or bathing regularly, brushing your teeth, and washing your hands often.

Here is something to consider:

OSTEOPOROSIS

Osteoporosis causes bones to break easily, especially when you get older. The most important time for girls to build strong bones is between the ages of 16 and 20, as almost half of the adult skeleton is formed during the teen years. So take action now to prevent osteoporosis later. Get lots of exercise, such as walking and dancing and running. Include calcium in your diet, from foods such as milk, cheese, and leafy green vegetables.

ANEMIA

Anemia can make you feel tired and cranky, because your blood does not carry enough oxygen to the rest of your body. The most common cause of anemia is not having enough iron. Your body needs iron to make hemoglobin. Hemoglobin is an iron-rich protein that gives the red color to blood. It carries oxygen from the lungs to the rest of the body. Anemia has three main causes: blood loss, lack of red blood cell production, and high rates of red blood cell destruction. To have lots of energy and prevent anemia, eat lots of foods that contain iron and B vitamins, such as green vegetables and seafood.

Getting help when we're sick

There are ways to prevent diseases, and medical professionals are there to help determine ways for people to get better such as prescribing medicine to address illnesses.

When you are sick, it is important that you tell a safe and trusted adult such as a family member or a health professional, so that they can bring you to a doctor who can help.

When was the last time you were sick?

Who was the first person you told?

Did you go to the Doctor?

Match up the doctor to their expertise:

Family Doctor
Dentist
Cardiologist
Dermatologist
Optometrist
Pediatrician
Audiologist
Psychiatrist

heart
eyes
children
mental health
hearing
teeth
general illnesses
skin

Answers: Family Doctor-general illness • Denist-teeth • Cardiologist-heart • Dermatologist-skin • Optometrist-eyes • Pediatrician-children • Audiologist-hearing • Psychiatrist—mental health

You're amazing!

When you stand in front of a mirror, what do you see? Do you see how unique and amazing you are? As you grow older, your physical body will undergo many changes including changes to your height and weight. Don't worry! This is normal, and everyone goes through it. Everyone!

Although girls experience similar changes, everyone is unique. Girls and women come in all shapes, sizes, and appearances.

Diversity is the beauty
that makes each of us
amazing and special
just the way we are.

body image

Body image involves attitude and feelings: how we think about and feel about our bodies. Some people are satisfied with the way they look, while some may think they are too "something"—too thin, too fat, too tall, too short. But remember, just like everyone else, we have good days and bad days ... and our mood can affect how we see ourselves.

Know also that what we focus our minds on affects
how we view and value ourselves.

One way we become unhappy about ourselves
is the COMPARISON GAME.

Any time you're tempted to compare yourself to others,
STOP and consider who you are.

No two people are ever the same. We are all unique!

Think about your strength, your uniqueness,
your talent, your beauty—both inside and out!

Celebrate who you are, and others around you. Think about positive things. Build and protect your self-esteem, because healthy minds support healthy emotions and build healthy bodies.

Write down some things you love about your body ...

1

2

3

4

5

DIGITAL BODY IMAGE

"Be a first-rate version of yourself, rather than a second-rate version of someone else"

Judy Garland

One final note... We all love photos and share them with safe and trusted friends and family online or through text messages. But with all of these social media tools and our smartphone gadgets, let's keep things smart and real.

First, know the environment, and be smart about what images and videos are posted online, because whatever is shared electronically may and can be seen and shared by many people, including people you don't know.

Second, we need to remember that what we watch on TV and see on the internet, the models in the magazines and on advertising, can create unnecessary pressures to look and dress a certain way. That is why it is very important that we remember what's real, and not get lost in all these images defining what's supposed to be beautiful or creating the pressure or need to be "sexy." Your body is still changing, and you have the power to decide how you want to express yourself with the way you look.

Media also has tools to make people look "good," like computer software, expert camera angles and lighting, and professional stylists and make-up artists. Often times, what we see is an illusion. These media images were enhanced to make them look better than real life.

We can resist, stay real, and be ourselves. Remember, there is much value in our diversity. Surround yourself with people who love you and accept you just the way you are. And accept and love others just the way they are.

handling STRESS

what stresses you out?

WRITE DOWN WHAT STRESSES YOU THE MOST?

Stress comes with change, and some of that is good. Other times, it can become a bit too much. Sometimes we can feel overwhelmed when too much stress happens all at once—from school, exams, parents or guardians, friends, work, money, try outs, and relationships. An important part of growing up is learning how to manage and deal with stress in positive ways.

MANAGE YOUR TIME

Managing time between school, work, friends, and family can sometimes seem impossible, but prioritizing and setting goals that are realistic and achievable can help you tackle things one step at a time.

GO FOR A WALK

Exercising helps people manage and relieve stress. When we move around, our body naturally produces and releases chemicals called endorphins that help us feel better about ourselves and the situations we're facing. Endorphins ease away the tension our bodies feel when we're feeling stressed out. Exercising—even something as simple as a walk in fresh air—helps us sleep better, feel rested, and handle stress when it comes up.

TAKE A BREAK

Being too busy can be a big source of stress, so make sure you take some time to RELAX. When stress hits us, sometimes the best thing we can do is to slow things down, and take some time out. Walk away from the problem, take slow and deep breaths, and think about other, more positive things. You'll be surprised how your mind can see more clearly after taking a break. You might want to read a book, play a musical instrument, or write in your journal.

ASK FOR HELP

When we're feeling overwhelmed, one of the best ways to manage that stress is to reach out to safe and trusted family and friends and ask for help. Sometimes, we may need to talk to professionals like a psychologist or another medical professional. That's OK too. We can discuss our problems and situations with people we trust. They can listen, and sometimes can even offer help to make the situation more manageable for us. In the same way, be a friend to others and listen to them when they need help during stressful times.

how do you **COPE?**

under control?

Sometimes, making healthy decisions is difficult, especially when we are in stressful situations and we feel angry or pressured. Unhealthy actions to cope with stress are often used to shut out and forget about the problems, or to feel in control. Please know that the use of alcohol, drugs, or smoking is not the best way to cope with stress.
If you need someone to talk to, you can call the
Kids Help Phone ➡ **1-800-668-6868.**

The **Youth Truth Matters** project is a Nova Scotia youth project from the Tri-County Women's Centre in Digby, Yarmouth, and Shelburne. It is led by and developed by youth to address the issues around the use of drugs in the community. The youth developed workshops and educational tools on drugs that they present to their peers and the broader community. Based on the various components of the Youth Truth Matters project, they've created a Peer Educator Toolkit in both English and French.

For more information, check out their website
➡ **www.tricountywomenscentre.org/youth-truth-matters.html**

LET'S THINK ABOUT THIS

Do you or someone you know use drugs, alcohol or smoke to reduce the stress in their lives, or before they go through stressful situations?

Is drinking alcohol, using drugs or smoking making it difficult to do well at school, at your job, on sports teams or extracurricular activities?

Do you know of someone who may be harming themselves or controlling their eating habits negatively to deal with stress and problems in their lives?

Are you or someone you know using drugs, alcohol or smoking to stop feeling hurt, or to hurt other people?

Does your Mom, Dad, brother, sister, grandparent, or other close relatives have problems as a result of drugs, alcohol or smoking?

Have you or a friend ever had a complete loss of memory after drinking or taking some drugs—where you or your friend can't remember anything at all?

IF you've answered **YES** to any of these questions, it may be worth it to talk to a safe and trusted adult like a parent or guardian, guidance counselor, youth health centre worker, or health professional. For issues around drugs, alcohol, and smoking, you can talk to an addictions counselor.

To find the nearest addictions office near you, visit www.addictionservices.ns.ca

Call 911

right away if you think a friend or family member has overdosed on alcohol or other drugs.

You might save someone's life!

What could that look like? When a person…

- Has passed out and cannot be woken
- Is sweating, shaking, has a fever and/or rapid pulse
- Is having difficulty breathing
- Is having a severe reaction to the drugs and alcohol.

Making Healthy Choices

As a young person, your body and mind are still growing and developing. Making healthy choices is very important for your life today and in the future. Before anyone takes a drink, a puff or a pill, there is an opportunity for a person to make a decision.

It is important that YOU are
INFORMED AND FREE TO DECIDE FOR YOURSELF,

because life will offer situations where choices seem unavoidable, such as at parties, on dates, or at school; when you're with others or when you're alone; and when you're happy, angry, sad, stressed out, or pressured.

It is important that YOU
MAKE THE HEALTHY CHOICES FOR YOU.

On page 31, recall the different POSITIVE ways of how we can cope with stress and the problems and challenges of life.

Remember that YOU CAN:

- Think about positive things
- Manage your time
- Prioritize
- Relax and take deep breaths
- Sleep and get some rest
- Do something creative and fun to clear your head
- Exercise to release natural endorphins to make you feel better
- Share your problems with someone safe and trustworthy, like a friend or a relative
- Get help from community members, such as youth workers, elders, service providers, or medical professionals

When you encounter stress, how do YOU cope?
What do YOU do? What can YOU do?

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All About RELATIONSHIPS

People are social beings.

We have many relationships - from acquaintances, to best friends, to family members.

In this section, we'll talk about how we're connected to ourselves and to one another – through family, friends and our dating relationships. We'll talk about what healthy relationships may look like and how to recognize when they're not, what we can do when we encounter difficult situations, and where we can go for help.

Healthy RELATIONSHIPS with yourself

The one thing all of your relationships have in common is you!

So, know yourself. Like yourself. Care about yourself. Use the space below to draw or paste items that represent you. For example, if you like basketball, place an image of you playing basketball or your favourite basketball player. If you like to travel, you can paste an image of your favourite place to visit. You can also use the space to write about yourself as if you are introducing yourself to a new person you want to be friends with. Whether you're pasting images, drawing, or writing, think about who you are and what you like about yourself, and express that to other people.

FACT of life #1:

You will live with yourself your whole life.
Learn how to enjoy it.

FACT of life #2:

Remember: you aren't responsible for anyone else's behaviour. However, you are responsible for your own actions, responses, and decisions.

Happiness starts with...

Happiness starts with contentment and knowing a little bit more about yourself—like what you enjoy doing, and what you like. List a few things that makes you feel good, and think about why they make you feel this way.

Match made in heaven!

When building relationships, knowing your own strengths, needs, and weaknesses will help you learn about the kinds of friends that match your personality. You will know the kind of person you'll click with, and what personalities might challenge you to grow and see different perspectives. Knowing and accepting yourself will give you the opportunity to know who you want to spend time with, and what sort of things you can do together that both of you will enjoy.

Be good to yourself. Ask what you need.

Here are my...

strengths ➡

weaknesses ➡

needs ➡

There are people who care about you and want to support you. Who are your best supporters?

alone time

"Sometimes I feel I need alone time, too. I don't want to have too much time with people. I need to just go home and veg."
– Nova Scotia teen

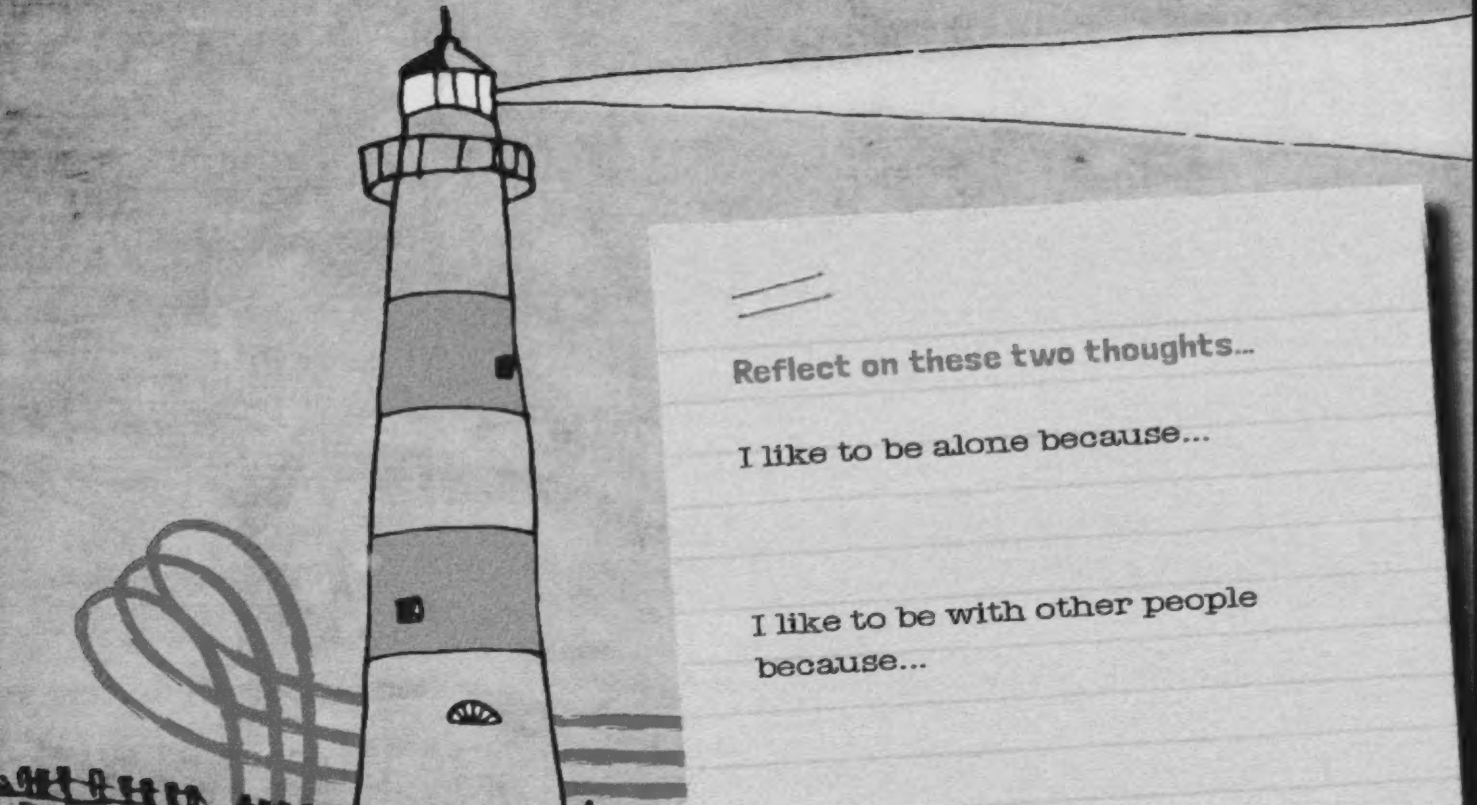
"If I'm just tired and cranky I like to be by myself".
– Nova Scotia teen

Sometimes, we like to be around many people. Sometimes, we just want to be alone. We all get cranky. We worry. We feel sad. Sometimes, we feel angry and frustrated. These feelings can drag us down. We all have different moods at different times. It's OK! This is normal.

Being alone can be a nice break.
It's a time to think and dream without interruption.
It's a time to plan what to do and who to do it with.
It's a time you don't have to work hard at anything...
Just be yourself, by yourself, relaxing on your own.

Feeling better

Sometimes, we need to deal with problems or disappointments either by talking about it or apologizing, while other times we just need to learn to let things go to free ourselves from the worry and stress. Sometimes, we need to address what causes us stress, while other times we need to learn how to cope with it. Do you know how to make yourself feel better? Go to pages 30 and 31 to learn more about healthy ways to handle stress in life.



Reflect on these two thoughts...

I like to be alone because...

I like to be with other people because...

Healthy relationships with your family and other adults

The adults in your life, especially your family members, will probably be with you for a long time. Take a minute and think about them...

Who are the adults in your family? In your life?

> "When you're not feeling good, it just makes you feel down, but sometimes, just to get out and do something especially if you haven't been doing anything and to be around your friends is helpful".
>
> – Nova Scotia teen

Sometimes, you might feel that the adults in your family want to hang out with you too often. Sometimes, it might feel like they don't care. Sometimes, you may enjoy being with them and talking with them, other times – you might feel like they're treating you like a child.

What are the different ways you spend time together as a family?

Healthy relationships with your family and other adults

"I talk to my mom a little bit."

- Nova Scotia teen

"I talk more to my dad because I'm an only child too, but I've always been close to my dad because we have the exact same personality."

- Nova Scotia teen

Some girls are able to talk more with the women or the men in their lives. Whoever it is you communicate with best, finding a way to share what you're thinking and how you're feeling with safe and trusted adults in your life is really important.

No one is a mind reader. You can't read their minds, and they can't read yours. One of the best ways to sort out a conflict or misunderstanding is through talking about it, sharing your perspective, and listening to the other person's side.

Writing a letter works in many situations. Write a letter to your parent or guardian. Tell them what you love about them, and what's going on. You can share how you feel, and if you want, ask for help to sort things out.

BUT WAIT! After you've written the letter, DON'T GIVE IT TO THEM YET!

Keep it for a few days, and read it again. Then decide if you want to share it with them. Do what you believe is best, and what you're comfortable with.

Challenging times in the family

"Sometimes when I'm upset, I just let it out and just cry on my bed. I just need that".
– Nova Scotia teen

Families go through difficult times like the loss of a loved one or parents divorcing. It's normal for you to feel lost, confused, angry, or frightened. Talk with a safe and trusted adult, like your parent, guardian, or a guidance counselor. Ask questions to help you better understand the situation and to also give you an opportunity to just let it out.

FIGHTS?

Parents, siblings, relatives — they fight from time to time. Conflict is part of life, and so is making up. Talking about what happened, apologizing and stopping behavior that hurts others are important ways to reconcile relationships.

Unfortunately though, some families may experience violence during these times. If you feel or know that someone is getting hurt in your family, it's important to tell someone safe and that you can trust like a parent, a guardian, a teacher or a guidance counselor. Remember, your safety and the safety of your loved ones is very important. **Ask for help!**

You can call the Kids Help Phone at 1-800-668-6868.

To find out information about abuse in the family, you can visit the following websites:

Nova Scotia Domestic Violence Resource Centre
➡ www.nsdomesticviolence.ca
Transition House Association of Nova Scotia ➡ www.thans.ca

Alice Housing has created a storybook entitled *Healing the Bruises: Through the Eyes of a Child* to share a young person's experience of living in a violent home, the process of leaving that home for safety, and the journey of healing from violence. For more information, visit Alice Housing's website
➡ www.alicehousing.ca.

KidsHelpPhone.ca
1 800 668 6868

Kids Help Phone

Common reactions during difficult times are sadness or anger. Other people may experience extreme feelings of sadness. Do you know someone who might be more than sad? Want to find out the signs of depression? Is someone you know getting hurt — either through self-harm or by others? Again, talk to a safe and trusted adult like a parent or guardian, guidance counselor, or health professional like a mental health practitioner.

You can also read information found on the
Kids Help Phone website ➡ www.kidshelpphone.ca
or visit **Teen Mental Health** ➡ www.teenmentalhealth.org.

If you know someone who is depressed,
if you are getting hurt,
or you're afraid a friend or
loved one is getting hurt,
contact the Kids Help Phone

They can help and guide you
through difficult situations.

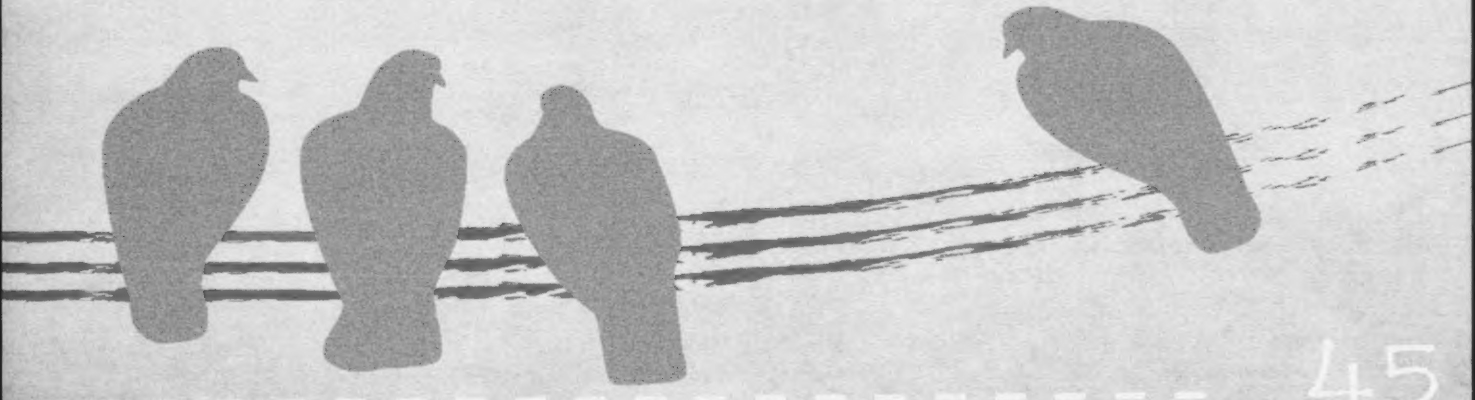
Healthy relationships with your friends

YOU ROCK!!
BFF
I love your smile!

We all need friends!

Your friends might be your neighbours, your cousins or siblings, people in your class or on your sports team, or people you grew up with. You may be the kind of person who has a lot of friends, or you might enjoy the company of a few close ones. Whatever you prefer, we all want to live and share life with other people we click with.

> "You always knew that even though you couldn't see them every single day, there was always someone that if you were having a bad day, or whatever, you could call them. So it was, that was a real confidence boost for me".
>
> – Nova Scotia teen



Healthy relationships with your friends

If you do things that interest you, you're going to meet people with similar interests. Knowing what you're passionate about and participating in those activities—be it music, reading, or sports—helps broaden your social networks. Here's what some Nova Scotia teens are saying:

"I met Alice through a choir that I'm in. I think one of the biggest things is just to get involved in different things to meet other people, instead of just who's at your school".

– Nova Scotia teen

"I got dragged to curling this year, and I met people who live close to me, and it's a two-minute walk to their house".

– Nova Scotia teen

Who are your closest friends?

How did you meet them?

What do you love about them?

PROBLEMS WITH FRIENDS

"My relationship with my friends changed too,
so I don't really hang with them anymore,
just because of problems".

– Nova Scotia teen

Relationships and friendships change over time...

and sometimes problems come up between friends. At times, people can be mean or insensitive. Arguments can happen, and so can misunderstandings. It gets difficult when trust is broken, especially between friends. One of the things you can do is to talk things through with your friends, and see if your friendship can be repaired. It is OK to be angry or upset. These are normal responses to a conflict or disagreement. It is important to learn to communicate and disagree respectfully, but also honestly, without using violence to settle a problem. You'd be surprise to see how a kind word or an apology can mend broken relationships.

However, despite your honest efforts, some disagreements can't be sorted out. Even though it might be difficult, the best thing you might be able to do is to let things go and walk away.

"Your most important relationships are with your friends because
they're the ones that understand you the most,
but you also have a lot of drama with your friends
and so that's where it gets tricky".

– Nova Scotia teen

Take this survey

It's a known fact, we all need friends! Fitting in matters, but it isn't always easy. There has to be "give and take" on both sides. Remember: Friendships are not one-sided. That's why it's a relationship.

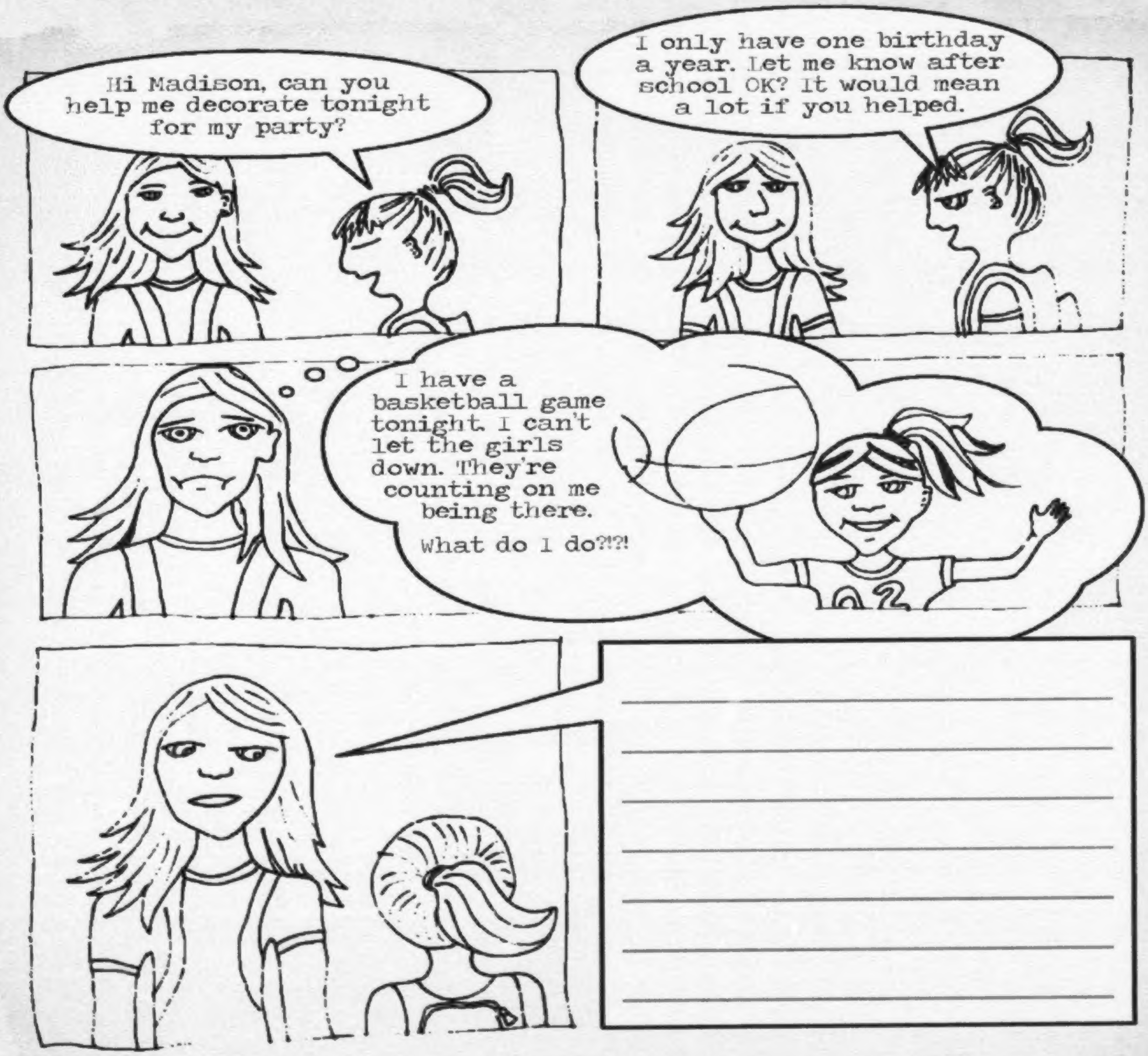
Am I trying to fit into the right group for me?	☐ yes	☐ no
Am I sacrificing myself to be with this group?	☐ yes	☐ no
How important is this really?	☐	☐
What is it costing me to fit in?		
How can I make this work for me?		
Do I really like them and want to spend time with them?	☐ yes	☐ no
Do I like to do the same things they do?	☐ yes	☐ no
Do I like the way they treat other people?	☐ yes	☐ no
How can we patch things up?		

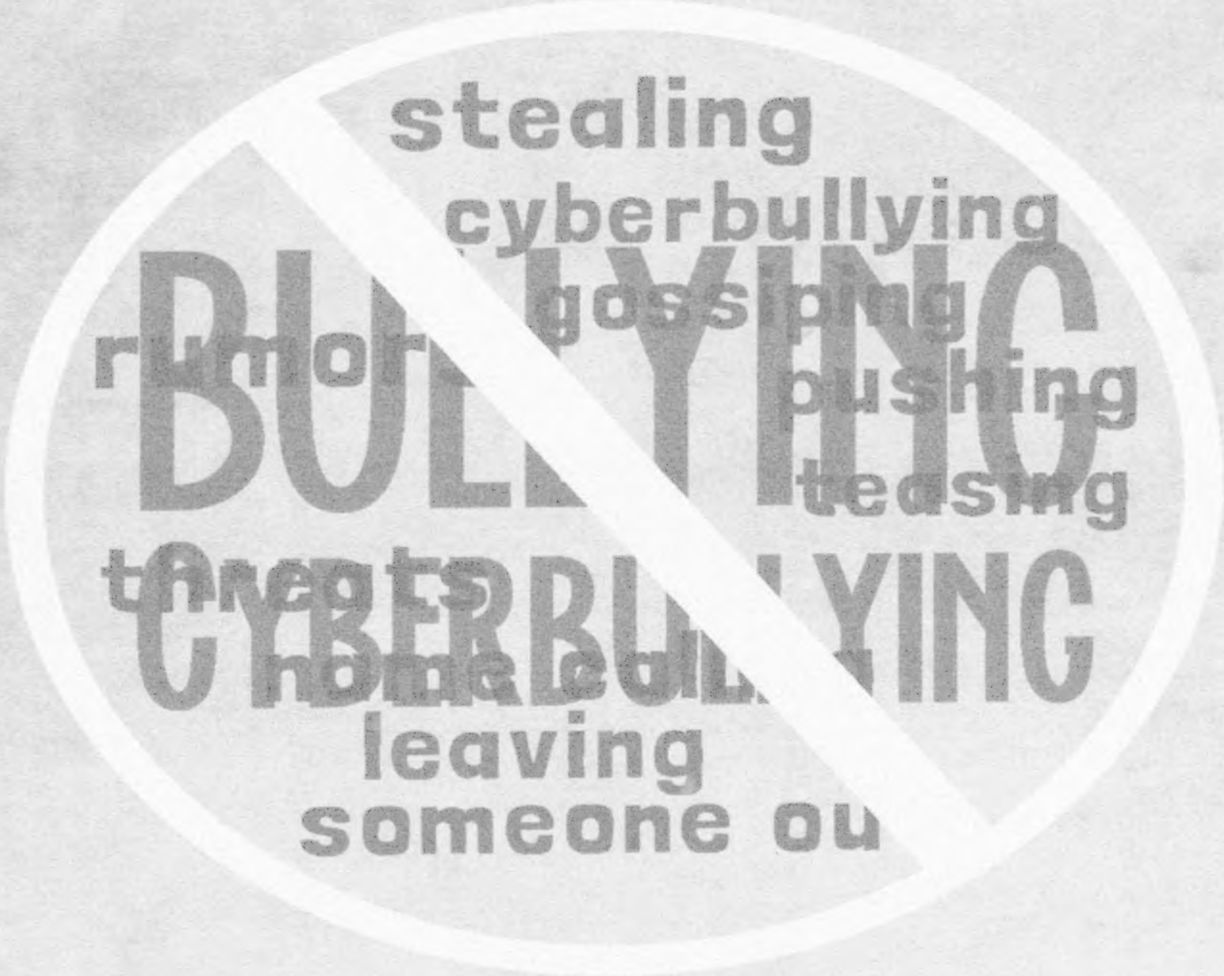
Remember, friendships are relationships between you and another person. If you are sacrificing what you believe in just to stay friends or to fit in with some people, think about it.
Ask yourself if these "friendships" are really worth it!
Only you can decide.

Relationship Choices

We can't please everyone. So it is important to think about the decisions that you make and think whether you are doing them for yourself or because someone else really wants you to do something.

Read the scenario below and fill in the last box with how you would respond to Zoey's request. Madison and Zoey haven't known each other long but they are close friends. Madison has played basketball for several years.


Hi Madison, can you help me decorate tonight for my party?
I only have one birthday a year. Let me know after school OK? It would mean a lot if you helped.
I have a basketball game tonight. I can't let the girls down. They're counting on me being there.
What do I do?!?!
02


stealing
cyberbullying
BULLYING
gossiping
rumors
pushing
teasing
threats
CYBERBULLYING
name calling
leaving
someone out

Bullying is when someone tries to hurt another person's body, feelings, self-esteem, reputation, or property. Helping or encouraging someone to bully another person is also bullying.

Bullying hurts. It can leave people feeling vulnerable and alone. You never have to tolerate bullying, abuse, or violence. EVER!

Not sure when to talk things over or ask for help?

You are not alone. Trust the way you feel, and you'll know what to do. Go to a safe and trusted friend or adult like a parent, guardian, teacher, or guidance counselor and share what's going on. You can contact the **Kids Help Phone** at **1-800-668-6868**.

In response to the recommendations of the Nova Scotia Task Force on Bullying and Cyberbullying, an online reporting mechanism for bullying and cyberbullying is being finalized by the Department of Education and Early Childhood Development. The web-based tool will start up in the fall of 2013. For more up-to-date information, please go to

➡ **www.antibullying.novascotia.ca**.

You can also contact **CyberSCAN** at **1-855-702-8324** or the Halifax Regional Police on their **Bully Hotline** at **490-SAVE (7283)** or Text **233-SAVE (7283)**.

If you ever find yourself or a friend in an emergency situation, don't hesitate to call 911.

VIOLENCE

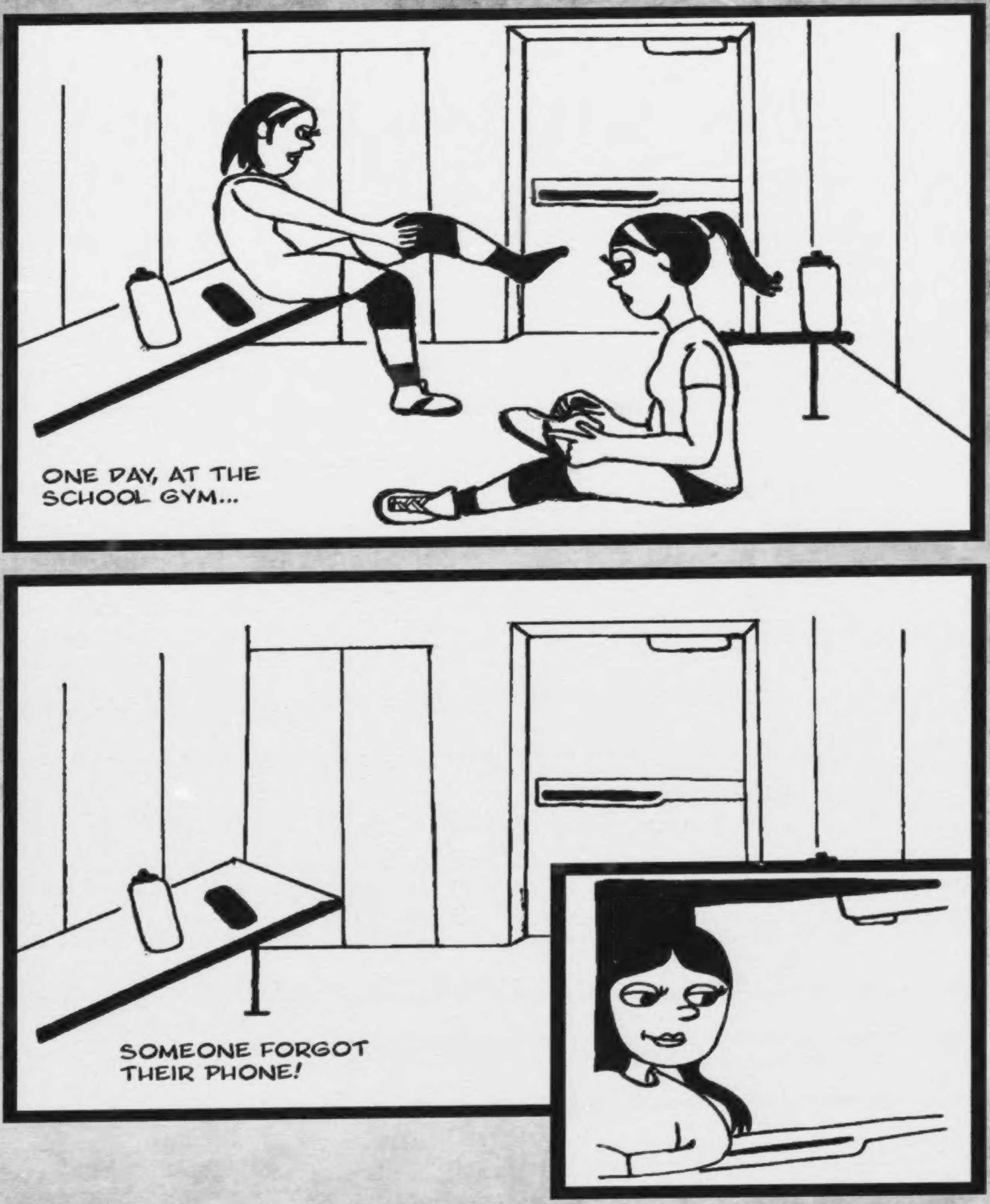
cyber bullying

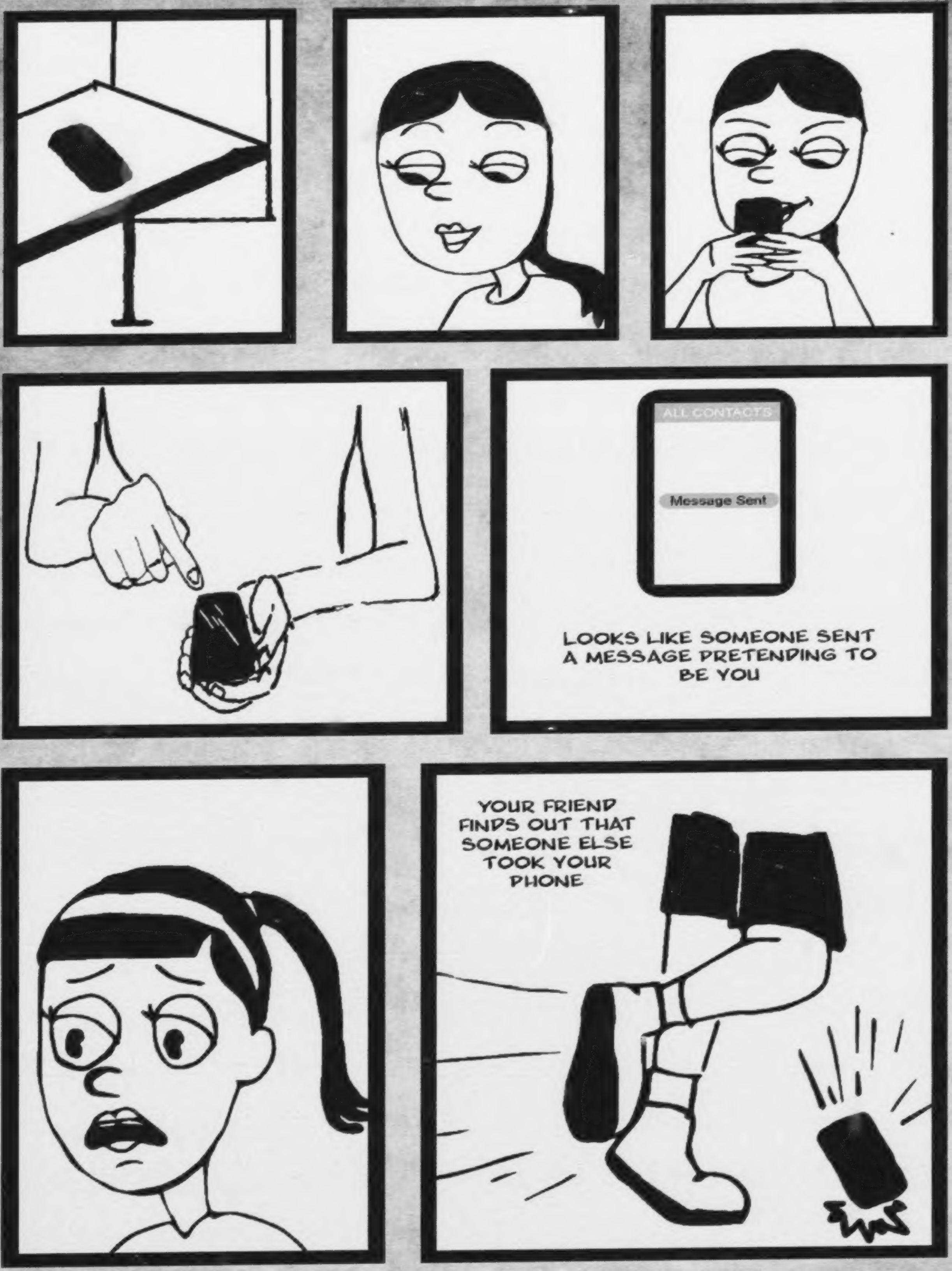
Cyberbullying is when someone uses technology (for example, social networking sites, e-mails, text messages, and the sharing of embarrassing photos or videos) **to bully someone.** Cyberbullying is challenging because hurtful messages or images can be shared quickly and anonymously. This sense of "no one knows it's me" can increase bullying actions. However, there are many ways to stay safe online.

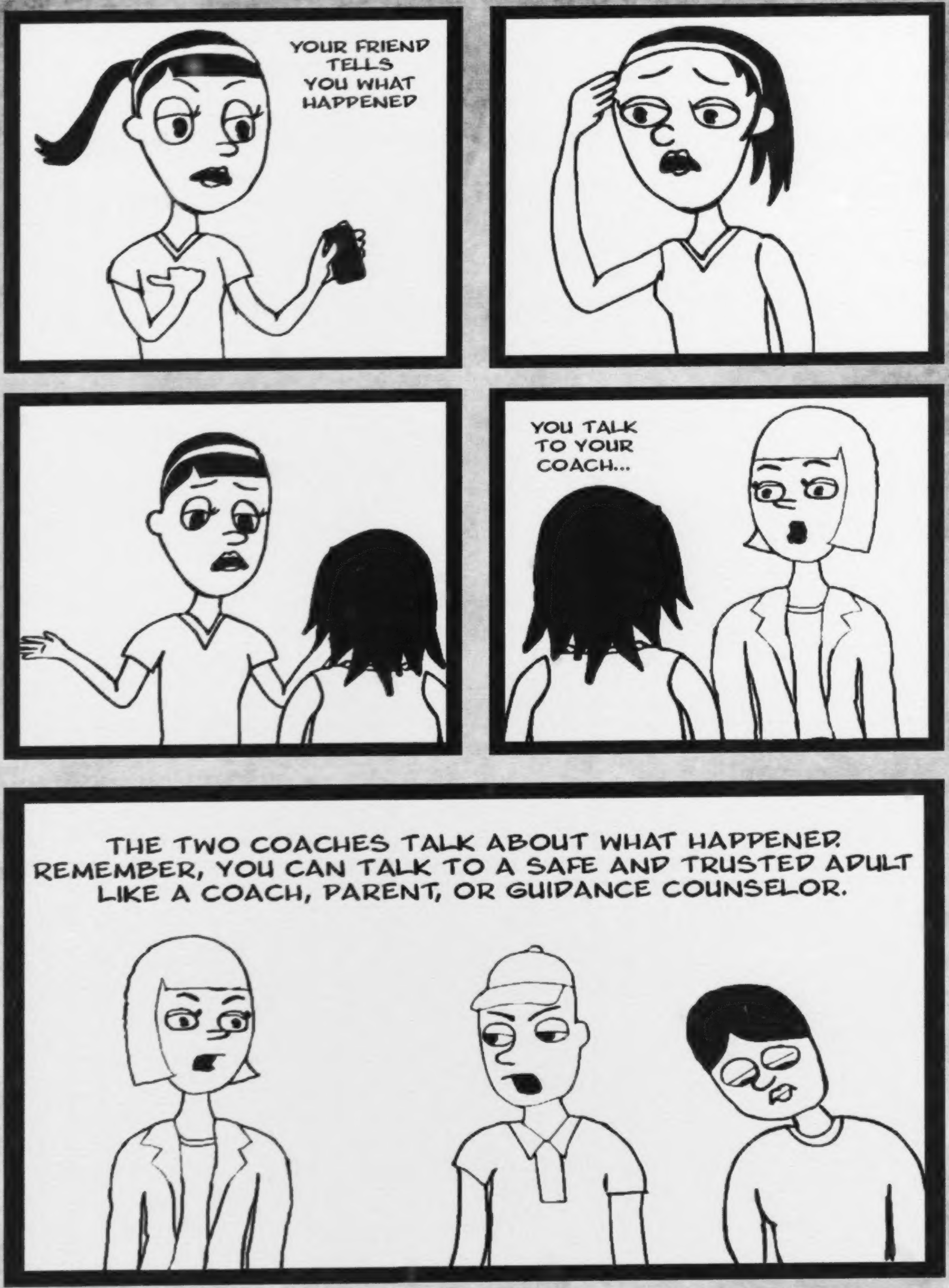
PUTTING A STOP TO CYBERBULLYING REQUIRES HELP FROM EVERYONE

Check out ➡ www.antibullying.novascotia.ca to find out what bullying and cyberbullying is, where to go for help and the resources available to you, your friends and families.

Pretending to be you


ONE DAY, AT THE SCHOOL GYM...
SOMEONE FORGOT THEIR PHONE!


ALL CONTACTS
Message Sent
LOOKS LIKE SOMEONE SENT A MESSAGE PRETENDING TO BE YOU
YOUR FRIEND FINDS OUT THAT SOMEONE ELSE TOOK YOUR PHONE


YOUR FRIEND TELLS YOU WHAT HAPPENED
YOU TALK TO YOUR COACH...
THE TWO COACHES TALK ABOUT WHAT HAPPENED. REMEMBER, YOU CAN TALK TO A SAFE AND TRUSTED ADULT LIKE A COACH, PARENT, OR GUIDANCE COUNSELOR.

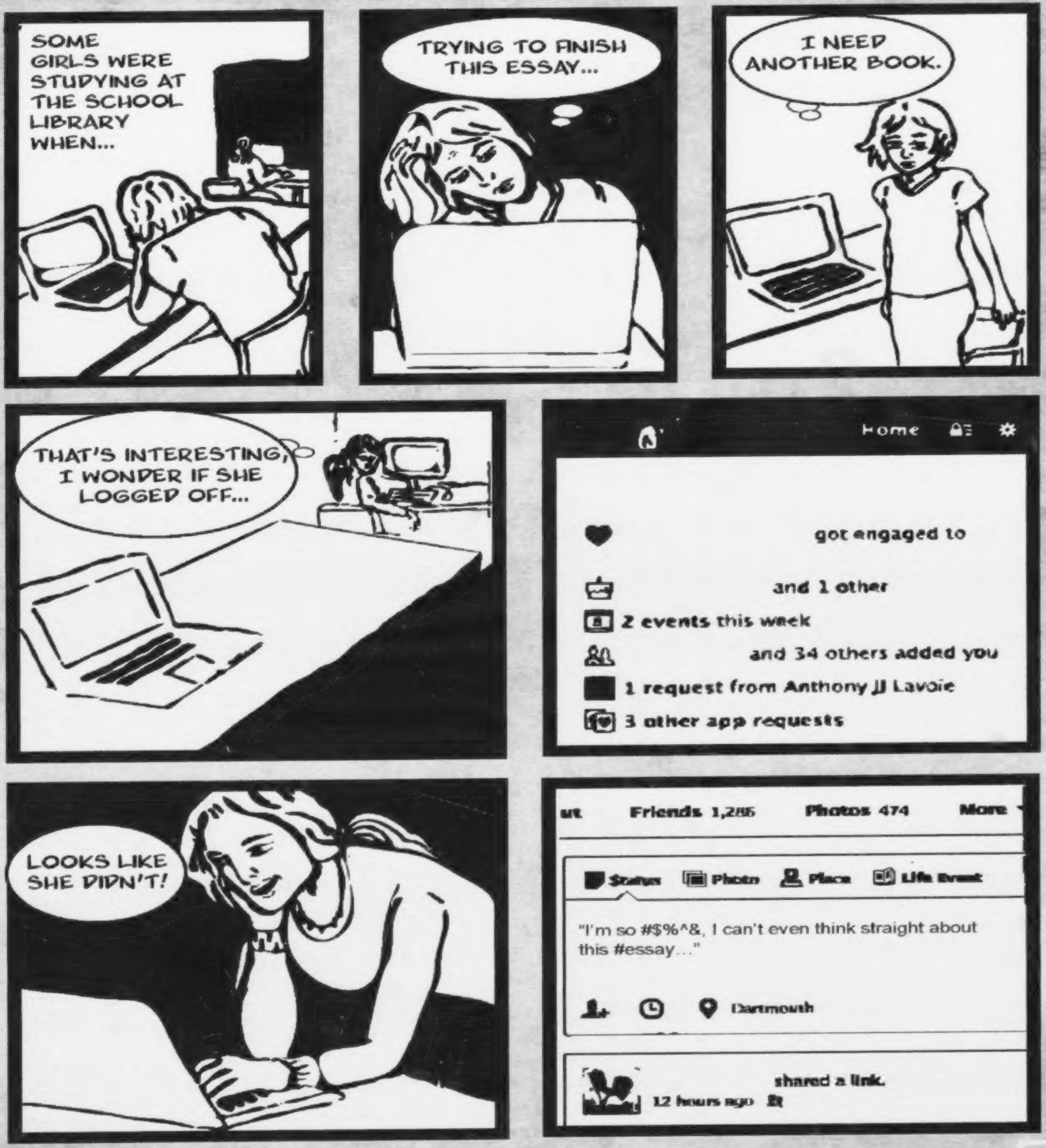
DON'T STAND BY
STAND UP

The **NeedHelpNow.ca** website gives you, your friend, sibling, or family member information about how to

- Stop the spread of pictures or videos online
- Remove pictures or videos from the internet
- Talk to someone about what's happening
- Deal with a situation that has gone too far

Protect your profile!

"**CYBERBULLYING** IS WHEN SOMEONE USES TECHNOLOGY (SOCIAL NETWORKING SITES, E-MAILS, TEXT MESSAGES, AND THE SHARING OF IMAGES) TO BULLY SOMEONE ELSE."


SOME GIRLS WERE STUDYING AT THE SCHOOL LIBRARY WHEN...
TRYING TO FINISH THIS ESSAY...
I NEED ANOTHER BOOK.
THAT'S INTERESTING, I WONDER IF SHE LOGGED OFF...
Home
LOOKS LIKE SHE DIDN'T!
Friends 1,285
Photos 474
More
Status
Photo
Place
Life Event
Dartmouth

got engaged to

and 1 other

2 events this week

and 34 others added you

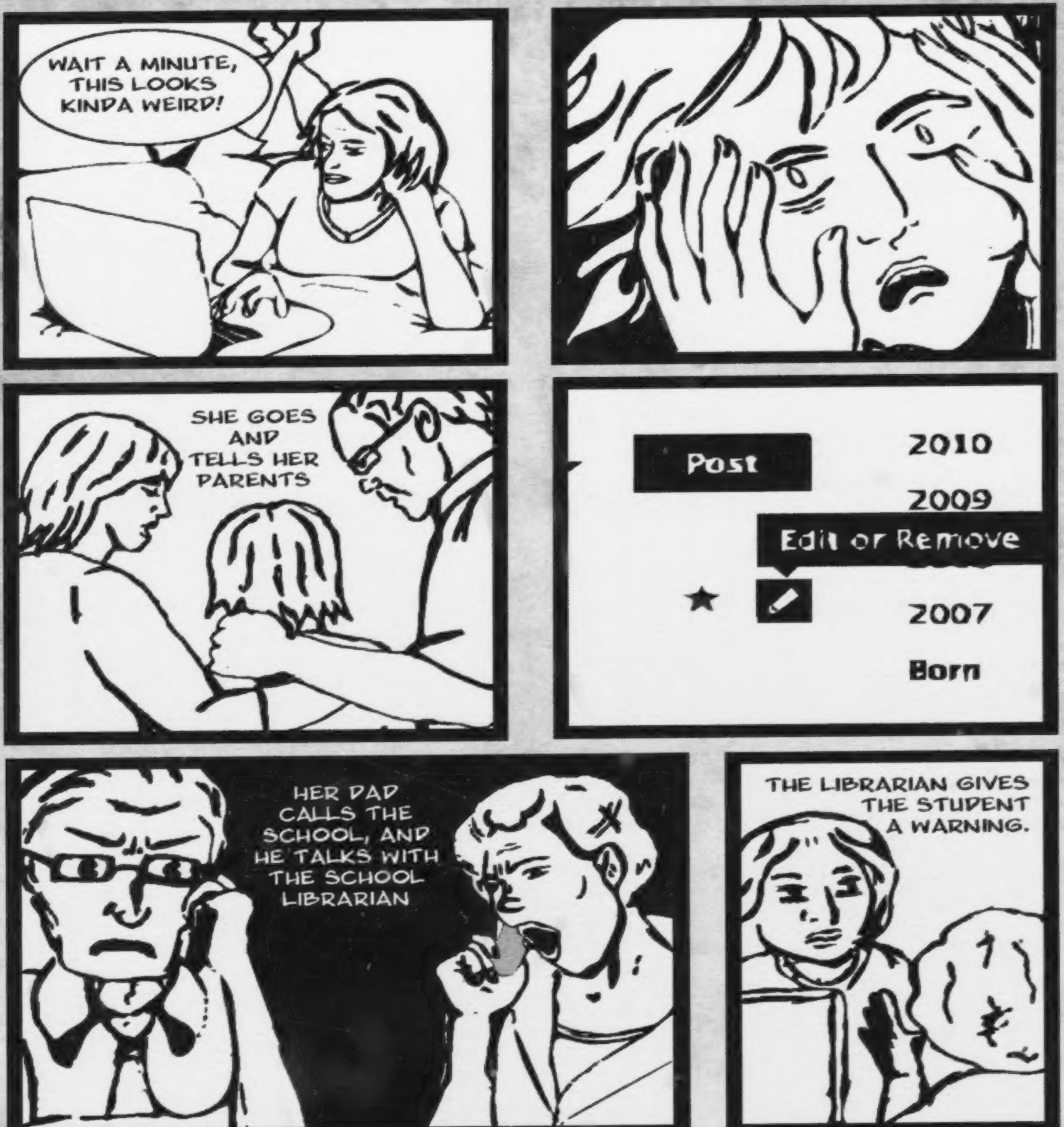
1 request from Anthony JJ Lavoie

3 other app requests

"I'm so #$%^&, I can't even think straight about this #essay…"

shared a link.
12 hours ago

LATER THAT DAY,
SHE READS THROUGH HER PROFILE
AND THE COMMENTS...


WAIT A MINUTE, THIS LOOKS KINDA WEIRD!
SHE GOES AND TELLS HER PARENTS
Post
2010
2009
Edit or Remove
2007
Born
HER DAD CALLS THE SCHOOL, AND HE TALKS WITH THE SCHOOL LIBRARIAN
THE LIBRARIAN GIVES THE STUDENT A WARNING.

IT IS IMPORTANT THAT NOVA SCOTIANS LEARN HOW TO BE GOOD DIGITAL CITIZENS WHO UNDERSTAND AND TAKE RESPONSIBILITY FOR HOW THEIR DECISIONS AND BEHAVIOUR AFFECT OTHERS IN THE DIGITAL WORLD.

What if you are being cyberbullied?

Speak up: If someone sends you a text, tweet or email that makes you uncomfortable, tell someone safe that you can trust (for example, a family member, teacher, police, or a friend).

Control your online presence: Increase your privacy settings online, hide your profile, and block users you don't want to connect with.

Save the evidence: With the help of a safe and trusted adult, save offending messages, pictures, and copies of online or text conversations.

Know where to go: There are supports and services available to help you deal with cyberbullying. Information on where you can turn if you need help is available at www.antibullying.novascotia.ca.

Report incidence of cyberbullying: Inform the appropriate authorities (for example, teachers, principals, police personnel).

DID YOU KNOW?

Nova Scotia created a special team whose only job is to deal with cyberbullying complaints. It's called **CyberSCAN**. If you, or someone you know, is being cyberbullied, you can call CyberSCAN. Their phone number is **1-855-702-8324**.

CyberSCAN investigators will work with everyone, including schools and families, to solve the problem.

For more information

➡ **www.cyberscan.novascotia.ca**.

How to be a responsible Digitial Citizen?

Protect your profile: Only connect with people you know and trust on social networking sites. Find out how to adjust your privacy settings in whatever social media you are using. Be careful about sharing personal information like your birthday, address, phone number, and any videos or photographs, even with people you know in a private email or text. Once you hit send, you can't take it back.

Password protect your phone: Be sure to password protect your phone and keep your password private. Not doing this is the digital equivalent of leaving your home or car unlocked.

Model digital citizenship: Think before you post, text, email, or tweet. Always remember that you alone are responsible for your words and actions.

Cyberbullying is everyone's responsibility: Communications devices like cell phones, computers and social media sites are powerful methods to stay connected. How you choose to use them can make all the difference.

Be part of the solution: Stand up for human rights by refusing to forward text messages or photos that are hurtful, demeaning or disrespectful.

Use it for good: Social media and smart phones are just tools! Don't let them control you. Don't let them hurt you. Instead, take the Internet and use it for good. Find a cause you can get behind, and spread the word about it to make the world a better place.

For more information, check out the following websites:

Nova Scotia's Anti-bullying website → www.antibullying.novascotia.ca

Cybersafe Girl → www.cybersafegirl.ca

Need Help Now → www.needhelpnow.ca

That's Not Cool → www.thatsnotcool.com

Healthy Relationships...

with some romance

Crushing over someone special
and falling in love can be
a wonderful experience!

We admire and respect
certain things about that person,
or there's a special bond of trust and caring
between you and the other person.

Remember, relationships start with you.

Get to know your personal interests and
your relational boundaries, and share them
with someone who will accept and
respect you for you.

Ready for Love?

Take this test...

Write down the answers to these questions.

How have I prepared myself for making big decisions?

How do I know I have the self-confidence to ask the questions I need to ask?

What makes me believe I am a good listener?

Can I communicate how I really feel? When was the last time I communicated my feelings, and what happened?

When did I last say "no" to something I really didn't want to do? Am I ready to say it when I need to? How will I?

Can I ask for what I really want? What will I say? What might stop me?

What is the difference between sex and gender?

Biological sex and gender are different!

Biological sex identifies a person as female, male, or intersex—it's the physical characteristics of a person including things such as sexual and reproductive anatomy, chromosomes, and hormones. Intersex is a general term used to describe biological variations in sexual and reproductive development in which a person is born with sexual or reproductive anatomy or chromosomes that do not fit the binary biological sex of female or male.

Gender is typically understood within two fixed options—boy/man or girl/woman. A society or culture makes up the roles and relationships, traits, behaviours, values, power and influence appropriate between the two genders. Gender messages and expectations are constantly around us. Most assume that a person's gender is based on the sex they are assigned at birth. However, there is much more diversity than that! Gender identity is your internal sense of being male, female, both, neither, or somewhere in between. Gender identity refers to the internal experience of a person that cannot be determined by others. A person's gender identity is different from their sexual orientation. How you present or show your gender to the world is known as gender expression. For most people, gender identity or expression is consistent with their assigned sex at birth. For transgender individuals, gender identity or expression differs from their assigned sex. People who are gender variant or gender nonconforming have a gender expression that differs from what is expected for their perceived gender or assigned sex in a given culture. Some people identify as genderqueer. This is a label for individuals whose gender identity is outside the male/female gender identification. Aboriginal people may identify themselves as Two Spirit rather than as bisexual, gay, lesbian, or transgender. Two Spirit implies the embodiment of both masculine and feminine spiritual qualities within the same body.

What is sexual orientation?

Sexual orientation is who we are romantically, emotionally, or physically attracted to.

Sexual orientation is about who you like, who you crush on, who you form relationships with — who you love.

Sexual behaviour is often confused with sexual orientation. Where sexual orientation is about attraction, sexual behaviour is just about sex. Someone's sexual behaviour does not necessarily tell us about someone's sexual orientation, or vice versa.

Everyone has a sexual orientation, and some of the most common labels are lesbian, gay, bisexual, and straight (but there are more, like queer or pansexual). Here are some definitions:

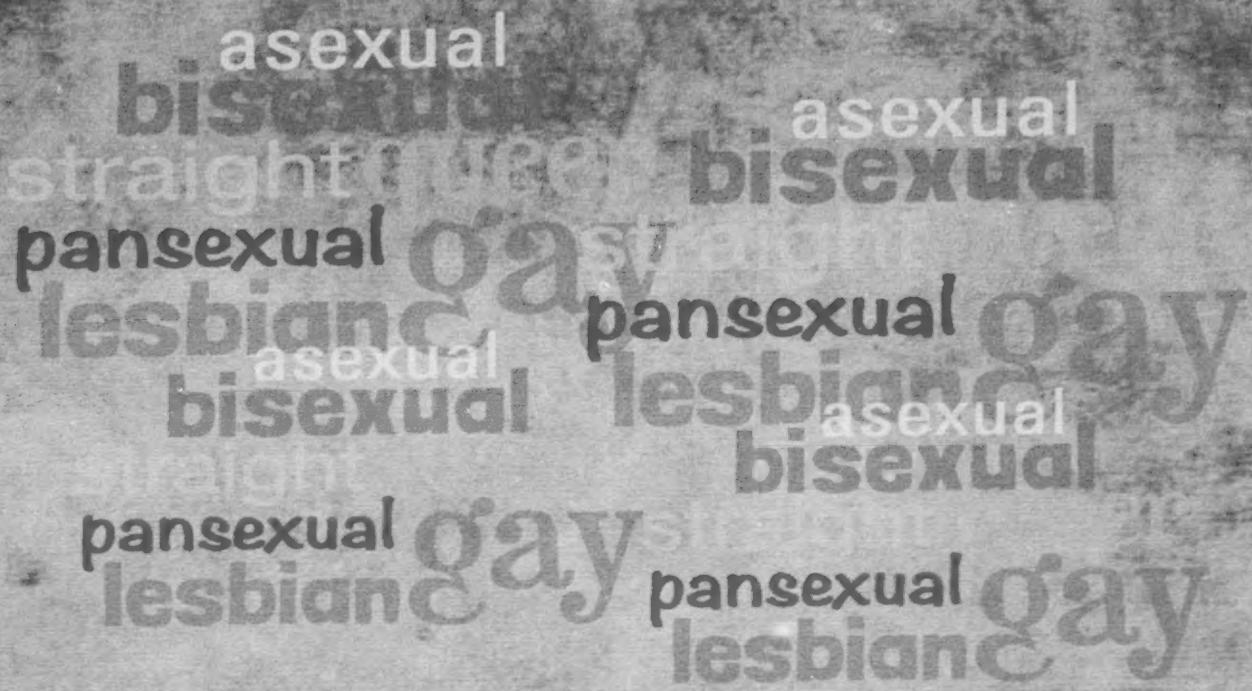
Asexual: People who are asexual usually do not experience sexual attraction. They do sometimes have emotional attractions, and form relationships (just not ones that involve sexual behaviour). This means sometimes people who are asexual can also identify as straight or LGBTQ.

Bisexual: A bisexual person is emotionally and physically attracted to men and women—it doesn't have to be 50/50, or an equal feeling. Someone could be more attracted to men or more to women, but feels they could have a relationship with either.

Pansexual: The word "pan" means "all," so pansexual is used to mean a person who is attracted to people of various identities and expressions. If you think of the word bisexual, "bi" means "two," implying there are only two genders. Some people disagree with this, and use pansexual as a way of lifting those limitations on gender. It does not mean that bisexuality is seen in a negative light, just that there are other identities that some people find more comfortable.

Queer: Queer can be an identity that is a little less limiting than others. Queer means someone is not straight (or heterosexual), but who feels that words like lesbian, gay, or bisexual aren't quite right either. It can also be useful because it doesn't gender someone, or indicate the gender of someone's partner. Many like to identify as queer for these reasons. Note as well that "queer" is also used as a slur, and should always be defined before using. Make it known that you are using queer in a positive way. People also like to use queer in a positive way because it can take away the negative power of the word.

Straight (Heterosexual): A person who is attracted to the opposite sex/gender.


asexual
bisexual
straight
queer
pansexual
gay
lesbian
asexual
bisexual
straight
pansexual
gay
lesbian
asexual
bisexual
straight
pansexual
gay
lesbian
pansexual
gay
lesbian

It is often an exciting feeling when you're thinking about romantic relationships. To some people, it can also be a stressful time. Having feelings that make you wonder what your sexual orientation is may be a confusing experience. Whatever it is you are feeling, know that you are not alone!

Consider talking with a safe and trusted adult like a parent or guardian, guidance counselor or youth worker. There are people out there you can talk to, such as the staff and youth leaders at **The Youth Project** at ➡ www.youthproject.ns.ca.

For more information, you can also check out the **Nova Scotia Gay Straight Alliance Manual (2011)** ➡ www.youthproject.ns.ca/gsa/docs/GSAManual.pdf.

It's OK to be yourself.

Healthy Dating Relationships

In a healthy relationship, you feel safe, respected and cared about.

- **You know, like, and respect each other.** You accept each other as you are and don't try to change each other.
- **You trust each other.** You enjoy your time together and aren't jealous when you spend time with other people. You don't control one another.
- **You're there for one another.** You support each other through good times and bad.
- **You feel good when you're together.** You're relaxed and comfortable. You can laugh and have fun. You're not worried about saying or doing the wrong thing.
- **You can talk about anything.** You can discuss your problems and concerns. You even feel comfortable talking about sex. You listen to each other. You're not afraid to be honest or to say what you really think. You can disagree with each other without getting mad. If you do fight, you don't hurt each other and you respectfully make up and work things out.

Adapted from the Department of Health and Wellness, *Sex? - A Healthy Sexuality Resource*, www.gov.ns.ca/hpp/publications/11032_SexBook_En.pdf

Unhealthy Dating Relationships

In an unhealthy relationship, you feel scared, confused and insecure

- **Your partner constantly criticizes you and puts you down.** Nothing you do is good enough. He or she makes you feel stupid. There are things you're afraid to talk about with your partner.
- **Your partner is jealous and controlling.** She or he doesn't want you to spend time with your friends or family. There's no trust, and you don't feel free to make your own decisions.
- **You never know where you stand.** Your partner plays mind games—he or she will be nice one minute and ignore you the next. She or he lies to you. Your partner tells you one thing and then does another.
- **You feel pressured to do things you don't want to do.** You're afraid your partner will get angry and leave you if you don't do everything he or she wants you to do.
- **There is a lot of yelling in your relationship.** Your partner freaks out when you don't agree with what she or he wants or says. Sometimes you're scared of what he or she might do which may include more yelling or even hitting.

Remember, relationships start with you!
If you find yourself in an unhealthy relationship,
you still have the right and ability to make the best choices
for you even if it means letting the relationship go.

Always stay true to yourself. Mutual respect is key.

Adapted from the Department of Health and Wellness, *Sex? - A Healthy Sexuality Resource,*
www.gov.ns.ca/hpp/publications/11032_SexBook_En.pdf

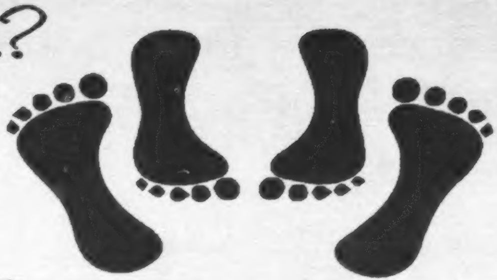
How Healthy is your Relationship?

	yes	no
Is this a relationship between equal partners where neither of us is "the boss"?	☐	☐
Are we friends?	☐	☐
Do we have fun together?	☐	☐
Do we both have other friends and interests and aren't jealous when we spend time with other people?	☐	☐
Are we honest with each other?	☐	☐
Do we trust one another?	☐	☐
Are we comfortable talking about most things, including being ready for sex or not?	☐	☐
Do we listen to each other and respect each other's ideas, values, and points of view?	☐	☐
Does this relationship make me feel good about myself?	☐	☐
When we disagree, do we sort it out respectfully?	☐	☐
Am I sure that he or she will never physically hurt me?	☐	☐
Do I feel valued and listened to in this relationship?	☐	☐

If you answered "no" to any of these questions, your relationship could be unhealthy. You might find it helpful to talk with someone you trust about how you feel. For more information, check out the resources available in Nova Scotia starting on page 114.

Adapted from the Department of Health and Wellness, *Sex? - A Healthy Sexuality Resource*, www.gov.ns.ca/hpp/publications/11032_SexBook_En.pdf

Ready or not...for SEX?



Sexuality is part of being human.
It's a normal and healthy part of life.

Sexuality is about feelings and desires.
It's about finding your own way to juggle feelings
that are both confusing and exciting – all at the same time.
Sexuality includes sexual feelings and the decisions
you make about how you act on those feelings.

Healthy sexual choices allow you to:

Respect yourself

Respect others

Protect yourself from emotional and physical harm like:

Pressures to have sex
Sexually transmitted infections (STIs)
Unintended pregnancies

If you are thinking about sex, think carefully! Remember, your choices are your own!

Sex – A Healthy Sexuality Resource gives facts and explores the issues. You can download it from the Department of Health and Wellness
➡ www.gov.ns.ca/hpp/publications/11032_SexBook_En.pdf

To get more information, you can also check out
➡ www.StayTeen.org.

Adapted from the Department of Health and Wellness, *Sex? - A Healthy Sexuality Resource*, www.gov.ns.ca/hpp/publications/11032_SexBook_En.pdf

Consent

If something happens "against your will," it means you did not agree to it—you did not give your permission or consent. Consent means giving permission for something to happen.

This is especially important with sex.

Remember that just because you didn't say "no," it doesn't mean you said "yes." Also, consenting to one thing does not mean you consent to everything.

Always remember:

You have the right to state your own sexual limits.

You cannot consent to sex if you are:

- drunk or high
- threatened or bullied
- the other person is someone in a position of trust (like a teacher, coach, or babysitter)
- the other person is a family member (like a relative, extended family, or foster family)

It does not matter if the person who assaulted you is your boyfriend or girlfriend, someone you want to have sex with, someone you have had consensual sex with before, or if they have assaulted you before. If you do not or cannot give consent, it means that they have committed sexual assault.

Sexual assault is a CRIME.

For more information about consent and sexual assault, visit the Nova Scotia Advisory Council on the Status of Women's book, *Sexual Assault: Safety, help, and healing for teens in Nova Scotia*
➡ www.women.gov.ns.ca.

NOTES

Working on it

Deciding what to pursue as a career or a profession will always be a "work in progress".

Women and men of all ages often change careers a few times in their working lives. In general, there are four steps to consider when exploring what job to pursue:

Know yourself - what you like, what's important to you, and what your options are.

Know what's out there - where you will be looking for that dream job.

Make an informed decision - check out how your dreams, who you are, and what's out there line up

Create an action plan - and develop a path to make your dreams reality.

DREAM BIG

When someone asks you,
"where do you want to work in the future?"
what is the first thing that you think about?

For some of us, we may want to become a nurse or a lawyer, a musician or a paralympian, an elder or a reverend, a pilot or a mechanic. For others, our minds may be drawing a blank. Don't worry! We have lots of time to figure things out, and deciding what we want to do is part of the adventure.

One thing is for sure, we all know what we like and what we don't like. We know what we're passionate about, and what we find boring. There are many clues that can help you decide and explore options for your future.

What is important is that you know that
you can pursue anything!
You can dream big dreams,
and work to make your dreams a reality!
You can try things out, explore, and decide for yourself
what you want to do, and who you want to be.

Interview yourself

Finding a job that you love and enjoy is a great source of happiness. That is why it is important to find a job or decide on a career that reflects who you are! Here are some more questions to consider:

What do you want to do and
who do you want to be in the future?

What do you enjoy doing?
Do you like working with people, animals, or things?

What are or were your favourite subjects in school?
Why do you or did you like them?

What are your strengths and skills?
Describe yourself.

What is important to you in a job?

Do you want set hours and a set schedule,
or do you want flexibility with your time?

Do you like to work independently or with others?
Do you want to lead or be a team member?

Do you want to travel the world or work close to home?

How much money do you want to make?

Do you want to work immediately after high school
or do you want to get more education?

Getting some guidance

To get to know yourself better while looking for a job or a career that fits who you are and who you want to become, check out the following resources:

Nova Scotia's Department of Education & Early Childhood Development's programs:

Options and Opportunities → www.ednet.ns.ca/O2/

Co-operative Education for Students → www.ednet.ns.ca/coop

FutureSeekers → www.futureseekers.ca

Nova Scotia's Department of Labour and Advanced Education's pages:

for youth and students → www.careers.novascotia.ca/youth-and-students

career quizzes → www.careers.novascotia.ca/quizzes

Government of Canada's Services for Youth → www.youth.gc.ca

JobJunction → www.jobjunction.ca

Services for Persons with Disabilities → www.novascotia.ca/coms/disabilities/index.html

PATHWAYS

One of the ways to prepare for your future job is to complete high school. Some jobs, though, require more training. Often times, you may need to take certain courses in high school to attend university or college, or complete apprenticeship training.

Know as well that some students take a **gap year**, which usually happens between high school and college, where they travel, work, or volunteer before continuing with more schooling. Your teachers and guidance counselors can help identify the courses and credits you need to graduate and pursue more training after high school, if you want to, even after taking a gap year.

You can participate in this process by identifying what subjects you enjoy and are good at, and what kinds of jobs you may want to have in the future.

Post-secondary Education

New students and their parents or guardians can visit universities and colleges to get more information about how post-secondary education works. It is important to see what programs each school has to offer, the requirements for admission, deadlines for application, the length of the programs, the tuition fees, and any financial assistance available for you, such as bursaries or scholarships from each university or college.

There are plenty of options in Nova Scotia. Here's a list of university and colleges you can check out:

Colleges

Nova Scotia Community College → www.nscc.ca
A listing of various private colleges throughout Nova Scotia → www.pcc.ednet.ns.ca/colleges

Universities

Acadia University → www.acadiau.ca
Atlantic School of Theology → www.astheology.ns.ca
Cape Breton University → www.cbu.ca
Dalhousie University → www.dal.ca
Mount Saint Vincent University → www.msvu.ca
Nova Scotia Agricultural College → www.dal.ca/faculty/agriculture.html
Nova Scotia College of Art and Design University → www.nscad.ca
Saint Mary's University → www.smu.ca
St. Francis Xavier University → www.stfx.ca
University of King's College → www.ukings.ca
Université Sainte-Anne → www.usainteanne.ca

Trades and Technology

One option for work after high school is to enter jobs in trades and technology.

Techsploration is an organization dedicated to empowering young women from grades 9 through 12 from across Nova Scotia with opportunities to explore careers in science, trades, and technology (➡ www.techsploration.ca). Their goal is to increase the number of women working in these fields, and to help girls understand the significance of high school math and science for their future careers.

Techsploration offers various programs for girls, such as:

- Techsploration Career Research Model
- Techsploration Goes to School
- Techsplorer Events
- Techsplorer Alumnae Conference/Activities

Check out their website ➡ www.techsploration.ca for more information, or to view the popular *Women in Action* web video series, highlighting the successful careers of women in science, trades, and technology.

Women Unlimited (➡ www.weesociety.ca) is another organization in Nova Scotia that provides women from diverse backgrounds with the opportunity to explore careers in trades and technology, and to take part in career decision-making activities. Their programs include a combination of hands-on workshops, field trips, industry-based activities, math upgrading, and job shadowing. Their programs include career exploration and decision making, support and mentoring.

On-the-job training while in high school

Apprenticeship

To work in trades in Nova Scotia, you can enter an apprenticeship, which is a training system of both supervised on-the-job and technical training. There is a special program called **Youth Apprenticeship** for students between the ages of 16 and 19, where you find an employer to begin your on-the-job training with while still in high school, usually part-time in your trade. Then, you register as a youth apprentice and complete your apprenticeship hours and technical training. Another option is to first complete a one-year or two-year trades program at Nova Scotia Community College (NSCC), then to find an employer, register as an apprentice, and complete the required working hours. For more information, check out **WorkIt** ➡ **www.workitns.ca**.

Co-operative Education

You can explore how to gain real work experience and earn high school credits at the same time by seeing what working in a variety of careers is really like while developing your skills and completing your high school requirements. The career choices included in the co-op education are diverse—from trades and technology to other professions and careers like lawyers and teachers.

You can take co-op courses if you are

- 16 or older
- in grade 10, 11, or 12
- attending a school that offers co-op education
- able to work independently

For more information about co-op education, visit your guidance counselor and check out ➡ **www.ednet.ns.ca/coop**.

Deciding on what you want to do in the future may seem like an overwhelming task. But don't worry!

There are many people and resources that can help you decide how to make your dream job into a reality. You can talk to a safe and trusted adult like your parent, or guidance counselor. You can also check out different websites that give you information about training after high school like colleges and universities. In this way, you can trace what kind of courses you will need to complete in high school and in college or university.

DREAM JOB	University, College or Apprentice Training	Senior High School
Engineer	**Engineering**	*For example:* Grade 12 English, pre-calculus math, chemistry, physics, and one additional academic subject. (Check institution for up-to-date admissions information.)
Trace your optinons here.		

JOB PROFILES

Here's a very small sample of what kinds of jobs and careers you can explore and pursue. Maybe one of these jobs could be your dream job! If it's not on this short list, don't worry!

You can search a giant database of all kinds of jobs by checking out this website ➡ **www.careers.novascotia.ca/searchjobprofiles**

Architect

work - Plan and develop designs for construction and renovation of all types of buildings.

skills - Design, technological, managerial, communication, supervisory, understanding of individual and social needs, interpersonal skills

hourly wages (2009) - Average: $30.00
Minimum: $23.75
Maximum: $41.75

workers - 24.5% Female • 75.5% Male

training - University or college-level training

Accountant

work - Plan, organize, and administer accounting systems for individuals or organizations such as financial statements, taxes, and profits.

skills - Organizational, analytical, communication, good judgment, integrity, attention to detail, math skills, knowledge of business and financial software

hourly wages (2009) - Average: $31.75
Minimum: $17.00
Maximum: $60.25

workers - 54.5% Female • 45.5% Male

training - University or college-level training

Baker

work - Prepare and decorate all kinds of bread and pastry for sale in retail food stores and/or restaurants.

skills - Initiative, imagination, creativity, attention to detail, basic nutrition and baking methods, food handling, organization, time management, stamina and good physical health

hourly wages (2009) -
Average: $11.25
Minimum: $9.65
Maximum: $19.75

workers - 62.9% Female • 37.1% Male

training - Apprenticeship and/or college-level training

Photographer

work - Operate cameras, prepare photos, and use photography software to record people, events, scenes, materials on photo film and digital mediums.

skills - Creativity, imagination, artistic talent, attention to detail, knowledge of photography techniques, use of technical equipment/processes

hourly wages (2009) -
Average: $16.75
Minimum: $9.65
Maximum: $30.00

workers - 49.3% Female • 50.7% Male

training - University or college-level training

School Teacher

work - Prepare and deliver learning materials for students in particular subjects, teach according to an approved curriculum, assign and evaluate homework and progress of students, work with students, parents and other educators

skills - Patient, imaginative, objective, resourceful, leadership and ability to motivate students, communication, planning and organization, inter-personal skills

hourly wages (2009) -
Average: $37.00
Minimum: $24.50
Maximum: $46.25

workers - 72.6% Female • 27.4% Male

training - University or college-level training

Massage Therapist

work - Develop treatment plans and administer massage therapy and other treatments to clients.

skills - Medical knowledge, physical stamina, effective communication, good judgment, strong sense of responsibility, patience, self-discipline

hourly wages (2009) - Average: $18.75
Minimum: $12.50
Maximum: $33.00

workers - 89.2% Female • 10.8% Male

training - University or college-level training

Police Officer

work - Protect the public, detect and prevent crimes, perform other activities directed at maintaining law and order like interviewing witnesses, responding to emergencies, securing evidence

skills - Physical and mental fitness, excellent health, patient, culturally sensitive, resourceful, impartial, able to give and take orders, good judgment, excellent communication, observation and problem-solving skills, able to gain respect from the public

hourly wages (2009) - Average: $36.00
Minimum: $18.75
Maximum: $48.00

workers - 13.6% Female • 86.4% Male

training - University or college-level training

Pharmacist

work - Prepare and distribute prescribed medicine, and provide medical information to clients and health care professionals.

skills - Have an interest in helping people in a healthcare environment. Have an interest in chemistry and medicine, and is attentive to detail and accuracy. Able to problem solve, patient, and communicates clearly.

hourly wages (2009) - Average: $41.00
Minimum: $31.50
Maximum: $50.00

workers - 69.5% Female • 30.5% Male

training - University level training

Your Own Business

My name, Owner

If you have a great idea for a product or a service, like an app for smart phones or tablets, then you may consider starting your very own business.

Starting your own business can be a lot of work, but there are people and organizations who can help you make your business ideas into a reality. Growing up, some of you may have organized your own lemonade stand, or your own yard sale. Those are beginnings of your entrepreneurial spirit.

You need to think about a few questions:

How much time and effort are you willing to invest into this business idea? Where will the funds come from to start your business?

What is your business idea? What is the product or service you will be selling? Is there a need for your product or service?

These are just some of the very basic parts of starting your own business. You need to consider other things such as taxes and business registration. For more information, you can check out the following websites:

Centre for Entrepreneurship Education and Development's Youth Employability Project (YEP) ➡ www.ceed.ca

Services for Youth: Starting Your Own Business ➡ www.youth.gc.ca/eng/topics/jobs/business.shtml

Centre for Women in Business ➡ www.centreforwomeninbusiness.ca

Entrepreneurs with Disabilities Network (EDN) ➡ www. ednns.ca

Black Business Initiative (BBI) ➡ www.bbi.ca

Immigrant Settlement & Integration Services (ISIS) Business Development Services ➡ www.isisns.ca/business

How much will it cost to produce?
How much will you sell it for?

How will you promote and market your business?
Who are the competitors?

What is your business name?
How will you structure your business?

How to look for a job

Your Resume

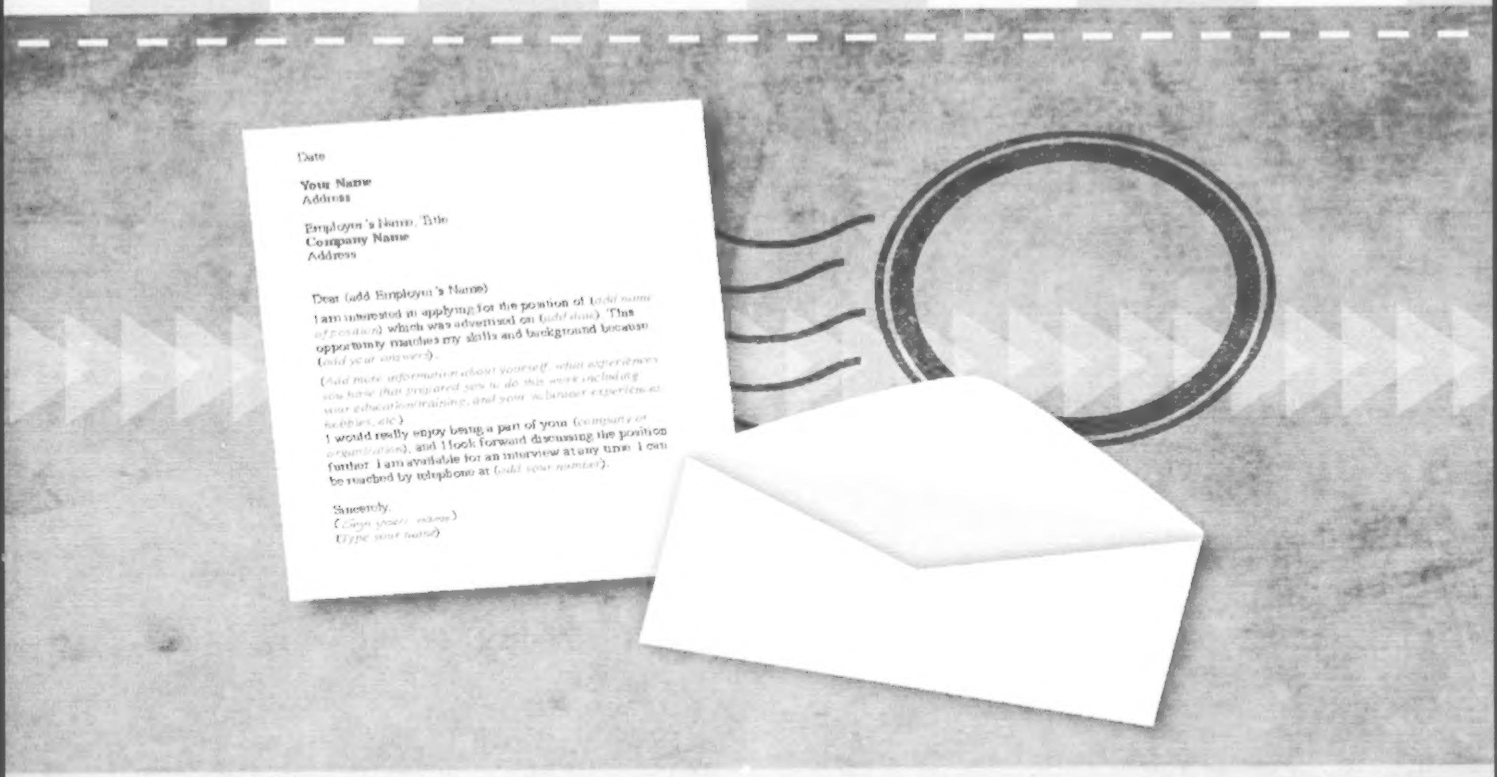
Whether you are looking for
a part-time job,
a summer job,
or your first job after high school,
you will need to create your very own resume and cover letter.

Your resume will often have the following information:

Name
Address
City & Town
Postal Code
Phone Number
Email Address

Employment Goal
Describe the kind of job you are looking for. You may include the job position you are applying for.

Highlights of Qualifications
Write a few relevant statements highlighting your skills and qualifications that make you the right candidate for the job you are applying for.



Date

Your Name
Address

Employer's Name, Title
Company Name
Address

Dear (add Employer's Name)

I am interested in applying for the position of (*add name of position*) which was advertised on (*add date*). This opportunity matches my skills and background because (*add your answers*).

(*Add more information about yourself, what experiences you have that prepared you to do this work including your education/training, and your volunteer experiences, hobbies, etc.*)

I would really enjoy being a part of your (*company or organization*), and I look forward discussing the position further. I am available for an interview at any time. I can be reached by telephone at (*add your number*).

Sincerely,
(*Sign your name*)
(*Type your name*)

Education & Training

List any relevant education or training courses that you have completed, including the name of the course, the school and the date of completion. List any awards you have received.

Work & Volunteer History

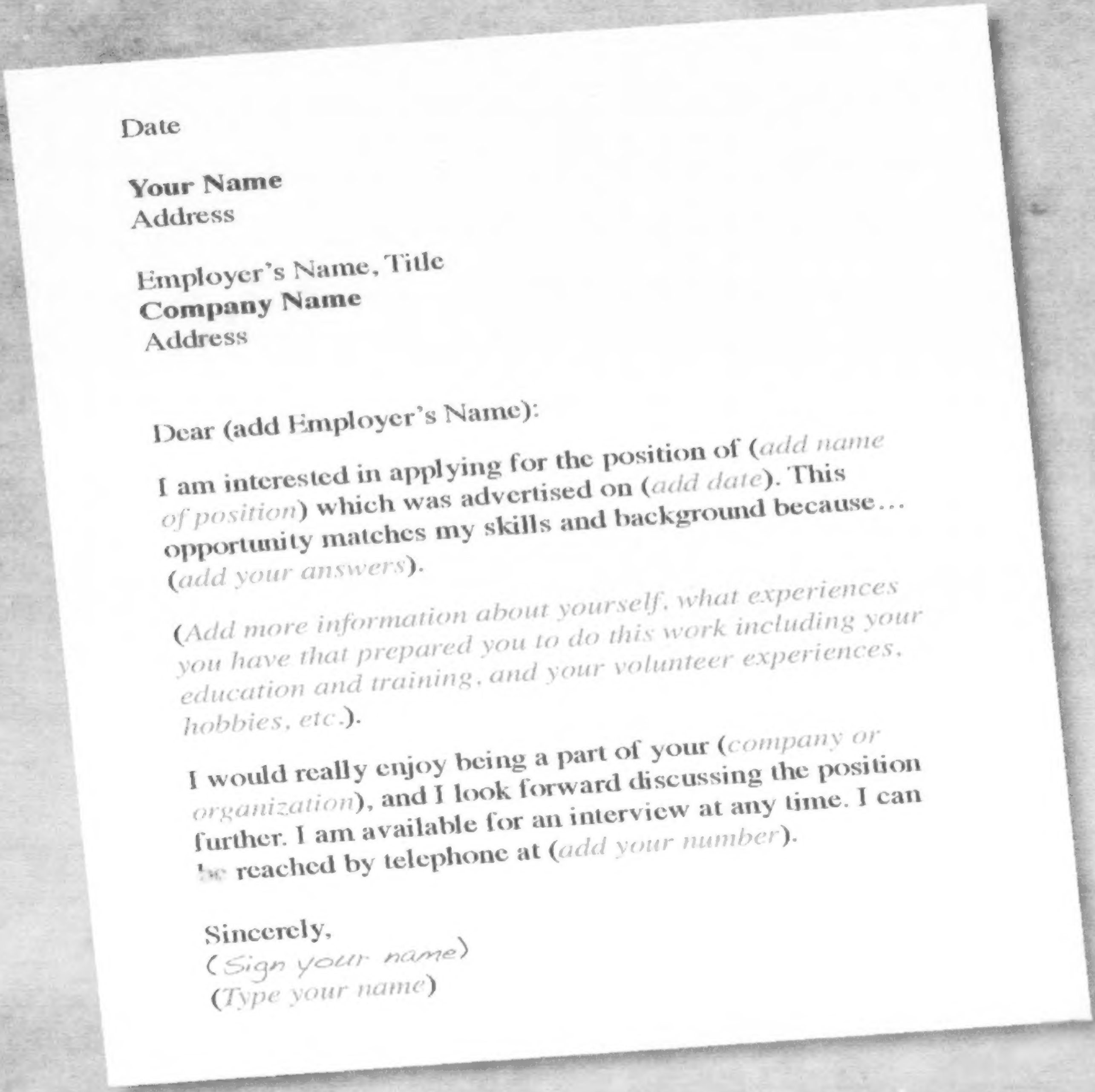
List your work and volunteer history including the position you held, the name of your employer/organization, its location, when you worked/volunteered there, and your major responsibilities and accomplishments.

References

You may include former teachers, coaches, spiritual leaders, employers, team leaders, and/or co-workers. Include their name, job title, company or organization and phone number. It is usually recommended to include three references. Make sure that you have contacted your references for permission before including them on your resume.

How to look for a job
Your Cover Letter

Here's a sample cover letter:



Date

Your Name
Address

Employer's Name, Title
Company Name
Address

Dear (add Employer's Name):

I am interested in applying for the position of (*add name of position*) which was advertised on (*add date*). This opportunity matches my skills and background because… (*add your answers*).

(*Add more information about yourself, what experiences you have that prepared you to do this work including your education and training, and your volunteer experiences, hobbies, etc.*).

I would really enjoy being a part of your (*company or organization*), and I look forward discussing the position further. I am available for an interview at any time. I can be reached by telephone at (*add your number*).

Sincerely,
(*Sign your name*)
(*Type your name*)

How to look for a job

After creating your resume and cover letter,
you now need to look around for a job and start applying!

When looking for a job, you can often apply in person by handing in your resume at a service counter. Some companies and organizations will also ask you to complete an application form—either on paper or online. Word of mouth is also important. Ask your friends and family if they know of places where you can apply for a job. Your local public libraries provide free public access to the Internet, and you can ask a librarian to show you where you can look for employment. Some companies only accept job applications online, either on their website or by email. If you don't have your own email, ask a safe and trusted adult like a parent, guardian, or teacher how to open an account. You can also check out a few websites online like Gmail.com or Hotmail.com.

Note that there are laws that protect all workers, including young workers. For more information about your rights, and what you can or cannot do at work, contact **Nova Scotia's Labour Standards** office → www.novascotia.ca/lae/labourstandards.

Here are some websites that list job openings:

Job Bank
→ www.jobbank.gc.ca

CareerBeacon
→ www.careerbeacon.com/Nova-Scotia

Federal Student Work Experience Program
→ www.jobs-emplois.gc.ca/fswep-pfete/index-eng.php

Other things to consider

Safety comes first!

When looking for a job, remember to read through the job posting. It is best to have a conversation with a safe and trusted adult like a parent, guardian or teacher if you are unsure about any part of the job advertisement. You also have a right to stop the application process if you feel that the job you're applying for is unsafe. Once you are hired somewhere, you also have the right to refuse any task that you feel is unsafe. Safety always comes first!

For more information about workplace safety, check out:
➡ **www.novascotia.ca/lae/healthandsafety**.

Job Interviews

After applying for a job, the company or organization usually calls selected candidates for an interview. Usually interviews occur in person. Sometimes, an interview can happen over the phone. Sometimes, there's one person doing the interview; other times, it can be multiple people. They may ask you questions like "why do you want the job?", "what do you have to offer this organization?", and "what are your strengths and weaknesses?" You also need to know that there are some questions an employer cannot ask you, such as your ethnic background, (dis)ability, religion, gender, and personal beliefs. If you experience something like this, you can call the Nova Scotia Human Rights Commission at 1-877-269-7699. Remember, the key to doing well in a job interview is preparation! Everyone needs to do work to get work.

Check out this website for more information on how you can prepare for job interviews ➡ **www.youth.gc.ca/eng/topics/jobs/interview.shtml**

Volunteering

One of the best ways to get experience, develop your skills and talents, and build your resume is to volunteer in your community. Volunteering is essentially working for free. You give your time and efforts to a local community group and help them run a program or event. There are many opportunities to lend a helping hand. The section **Getting Involved and Giving Back**, starting on page 98 of this guide, gives more information about how you can get involved in your community.

Transportation

Getting around, to and from school or work, is an important part of the puzzle. Some people will have friends and family to give them a lift from one place to another. Many students either take public transportation like the local bus, or get their own driver's licence. Several Nova Scotian municipalities and regions have public transit systems that make it easy and affordable to get around including Metro Transit in the Halifax Regional Municipality, Kings Transit in the Annapolis Valley and Transit Cape Breton in the Cape Breton Regional Municipality. Metro Transit also operates ferries across Halifax Harbour. You can also check out Community Transit in your area (➡ **www.communitytransitns.ca**). As for getting your driver's licence for the very first time, you can apply for your Beginner's Licence at age 16 to start learning how to drive.

For more information, check out ➡ **www.gov.ns.ca/snsmr/paal/RMV/paal378.asp**.

MONEY MATTERS

Did you have a piggy bank when you were younger?
Do you get an allowance from your parents?
Do you already have a bank account?
What do you do when you receive money as a present
for your birthday or for Christmas?
Are you saving up to purchase something special,
like your first phone or your first car?
Or maybe you're planning ahead and want to start
saving up for a trip after high school,
or to help pay for your college education.

Money is part of life, and here are some tips on how to handle it well:

- Get informed and plan your goals.
- List how much money you make at your job, which is often called "income," and list how much money you spend, called "expenses."
- Create a budget that works for you. If you would like help, ask a safe and trusted adult.
- Try to stick to your budget! Don't be discouraged if you don't. Learn from your experiences and adjust your budget or your spending habits.
- One day, you will need to learn about borrowing money, such as how to use credit cards, and how to manage loans, such as student loans.
- Consider picking up your piggy bank again – and save! Put some money away to help you on a rainy day, or help you buy those big purchases in the future.

PAYING FOR COLLEGE OR UNIVERSITY

If you decide to attend university, college or a training program after high school, find out the cost of the program you are considering by looking at their website. Look for information on tuition fees, housing, books, and supplies and on financial assistance, such as scholarship, grants, and bursaries. Your school can help you locate this kind of information. Then, you can plan ahead with your budgeting plans.

Know as well that you can consider applying for a student loan to help afford school after high school, so you can get the training and education you need to get your dream job. Don't let the need to get a student loan stop you from fulfilling your dreams. Many people have student loans! It's important to be aware that you are likely to pay back your student loan with interest. We encourage you to have a conversation with safe and trusted adults like your parents, guardians, teachers and guidance counselors.

For more information on student loans, check out:
Nova Scotia Student Assistance → www.studentloans.ednet.ns.ca
Canada Student Loan → www.canlearn.ca/eng/postsec/index.shtml
Post-Secondary Disability Services → www.psds.ednet.ns.ca

For more information on how to budget and manage your money, visit the following websites:

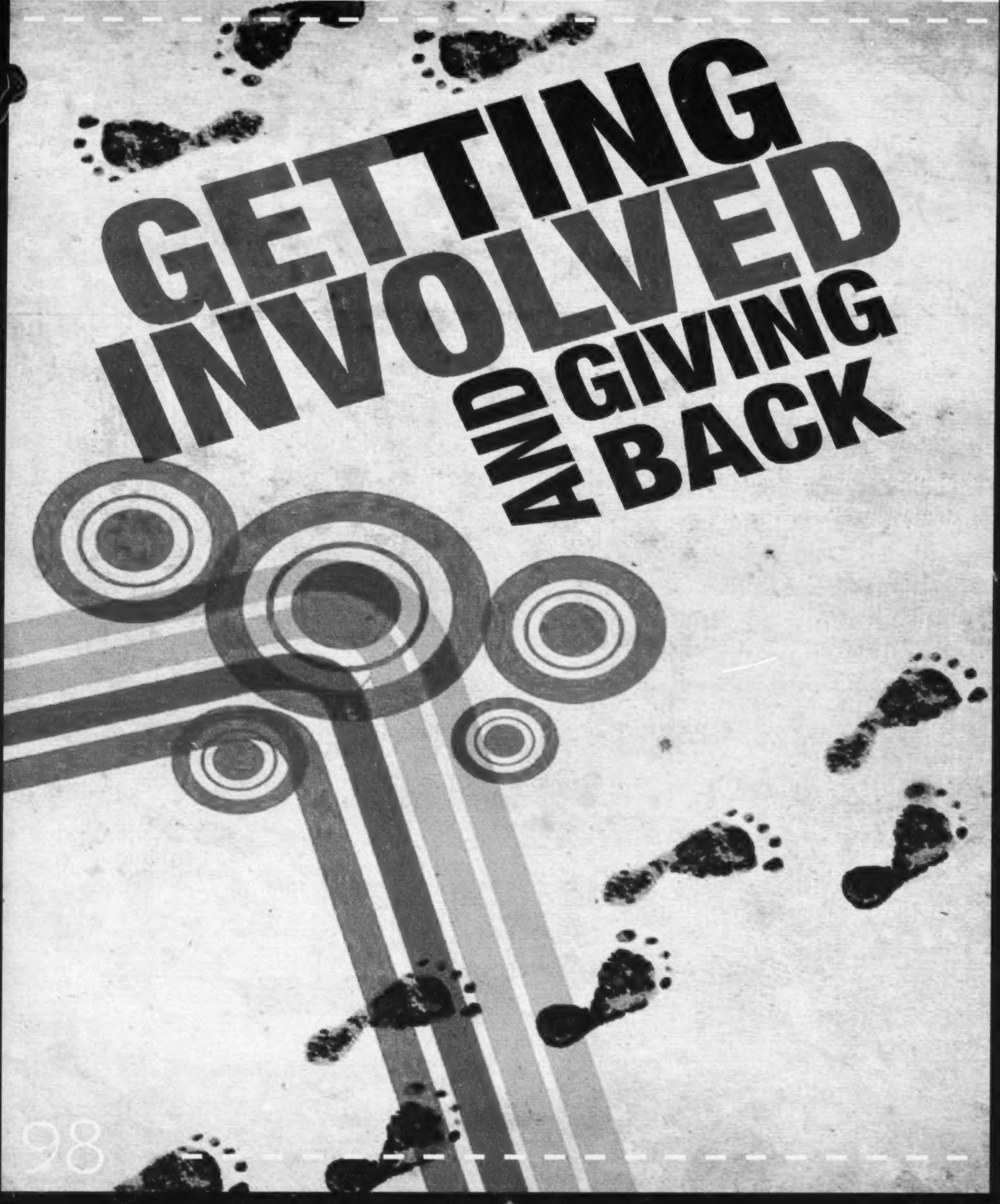
Services for youth → www.youth.gc.ca/eng/topics/money/manage_finances.shtml

How banks work → www.yourmoney.cba.ca/banks_financial_literacy

Income, expenses, budget → www.fcac-acfc.gc.ca/ft-of/ieb-eng.html

My expenses calculator → www.ic.gc.ca/app/scr/oca-bc/ssc/expense.html?lang=eng

GETTING INVOLVED AND GIVING BACK



What did YOU do for others that made you *feel good* about yourself TODAY?

Want to put your head on your pillow at night knowing you've done something positive for your community?

Volunteering provides many benefits for yourself and others. As a young person, you're able to contribute and get to know new friends and mentors, and build your resume which opens new opportunities in the future. For others, needs are met and communities are more vibrant when young people are included.

SO WHATS OUT THERE FOR YOU?

PLENTY.

There is something for everyone.

To look through volunteering opportunities, check out
→ **www.getinvolved.ca**

Think about the different things you care about! It may be caring for the environment or anti-racism, reading a book, or playing an instrument. Whatever you're passionate about and whatever your skills, there are plenty of ways to get involved in your community. There are many organizations and local events looking for volunteers like you.

Changing the status quo starts with you.

Stand up
Speak out
Express what you love
Volunteer
Get involved
Give back

Some volunteering suggestions ...

Youth Secretariat
➡ www.novascotia.ca/coms/families/youthsecretariat

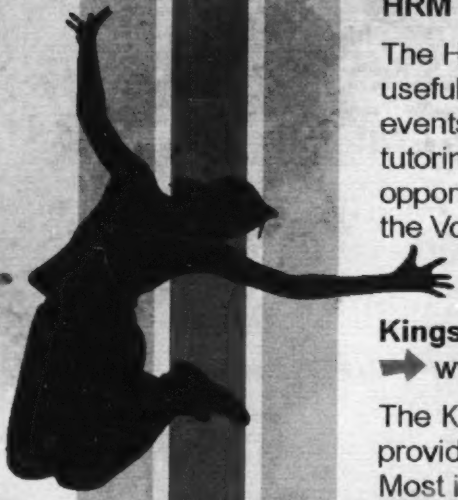
The Government of Nova Scotia's Youth Secretariat:

- Increases awareness of the needs and aspirations of youth
- Increases support to and services for youth
- Continues advice and recommendation to government including programs and services issues that affect youth.

Their webpage gives information on youth events and opportunities, and youth programs and services that could help you look for volunteering opportunities throughout Nova Scotia.

YWCA Youth Advisory Council
➡ www.ywcahalifax.com/children-youth-and-family/youth/youth-advisory-council

A volunteer group of dedicated young women, ages 16–30, who assist with the planning and management of the YWCA's Youth Program.



HRM Youth ➡ www.halifax.ca/hrmyouth/volunteer
HRM Volunteer Services ➡ www.halifax.ca/volunteerservices

The Halifax Regional Municipality's volunteer webpage provides useful information that can help you connect to organizations and events looking for volunteers within HRM. This includes volunteer tutoring and reading programs, Habitat for Humanity, and volunteer opportunities within the Halifax Regional Police Youth Program and the Volunteer Firefighter Recruitment.

Kings Volunteer Resource Centre
➡ www.kingsvolunteerresourcescentre.ca

The Kings Volunteer Resource Centre promotes, builds capacity, provides leadership, and raises awareness about volunteerism. Most importantly, it connects people with opportunities to get involved in their local communities.

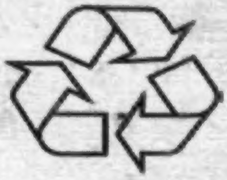
Womens Centres Connect! ➡ www.womenconnect.ca

Women's Centres throughout Nova Scotia are dedicated to achieving equity and equality for all women and girls. There are a number of volunteer opportunities for young women through your local Women's Centre.

HELP SOMEONE ELSE

It's good advice when you're feeling blue: help someone else and you'll feel a lot better about yourself and your life. Find a charity that you believe is important and donate some time to it. Try the local food bank or seniors' centre. They welcome volunteers and can use your help.

Check out **HeartWood**
➡ **www.heartwood.ns.ca**.
It's a Centre for Community Youth Development offering youth several leadership and training opportunities like **Leaders of Today** at
➡ **www.leadersoftoday.ca**



GO GREEN

The **Nova Scotia Youth Conservation Corps** (NSYCC) can give you environmental experience and training by putting you to work on a community project.
Check out their website
➡ www.clean.ns.ca/programs/community-engagement/nova-scotia-youth-conservation-corps-2.

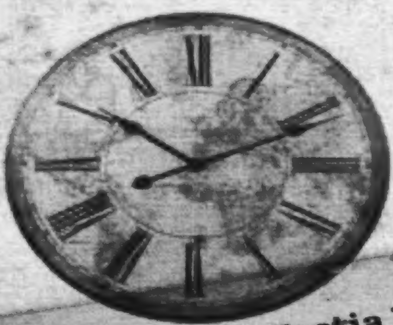
You can also check out the **HRM Adventure Earth Centre**
➡ www.earthed.ns.ca.
They offer young people programs on environmental education, youth leadership, and outdoor recreation.

FOR ANIMAL LOVERS

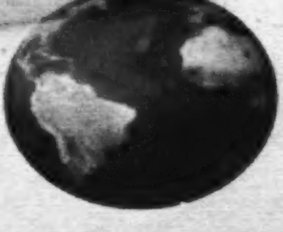
The **Nova Scotia Society for the Prevention of Cruelty to Animals** (NSSPCA) welcomes your help. You don't have to be an animal expert to help out at your community's shelter. You just need to have a little time and want to lend a helping hand. They believe everyone has skills and talents the shelter can use. Check out their website
➡ www.spcans.ca/volunteer.html

HOW WONDERFUL IT IS THAT NOBODY NEED WAIT A SINGLE MINUTE BEFORE STARTING TO IMPROVE THE WORLD

- Anne Frank



The **Nova Scotia Youth Advisory Council** (NSYAC) is a voluntary group of young Nova Scotians between the ages of 15 to 24, who advise Government on matters dealing with the needs and concerns of youth, the effectiveness of existing programs and the creation of new programs, policies, and services. Council members meet at least four times a year. To find out more information or to apply to become a member of NSYAC, call (902) 424-5972.



Duke of Edinburgh's Award

The Duke of Edinburgh's Award empowers young people, ages 14 to 25, to make a difference in their own lives and the lives of others, by exploring their potential, taking on new challenges, giving back to their communities, and achieving success. It provides the opportunity to set goals and achieve results in fun and challenging ways. For more information, check out their website ➡ www.dukeofed.org.

Mi'kmaq Native Friendship Centre

The Mi'kmaq Native Friendship Centre provides an inclusive gathering space for community events and functions. They also provide social-based programming for urban Aboriginal People like the Kitpu youth program where its mission is to develop and nurture the "Aboriginal leaders of tomorrow" by using first nation teachings of the Medicine Wheel. This program provides an atmosphere that welcomes the unity of the youth and elders. It promotes participation between different cultures that are represented in the local community. For more information, check out ➡ www.mymnfc.com/kitpu-youth-centre.

MANY WAYS to participate

Girl Guides of Canada (Nova Scotia)

Girls Guides of Canada is an organization dedicated for girls and women. It provides fun and learning activities for girls to develop skills, confidence, and community. They have programs throughout Nova Scotia, so check out their website for more information → www.girlguides.ns.ca.

NS Secondary School Students' Association

The Nova Scotia Secondary School Students' Association (NSSSA) is a non-profit organization run by students that focuses on leadership development at the high school level. Every high school student is a member of the NSSSA, and there are regional groups in the following areas: Cape Breton–Victoria, Strait, Chignecto, Metro, Southwest, and the Valley. The organization promotes communication among the students in Nova Scotia, and they provide many opportunities to participate such as conferences, retreats, and committees. For more information, check out their website → www.nsssa.ca.

Participating Online

In today's digital world of smart phones and the Internet, there are many more ways to communicate with others and make our voices heard in visual form—may it be through our status updates, photos we upload, or text messages we send. We can engage through social media to share our thoughts and passions on any particular issue, to help others and improve our communities. Share your voice and vision for the world today. There are many social media platforms where you have the potential to reach many people from around the world.

One way you can be seen and heard in cyberspace is through writing for **Teens Now Talk Magazine**. It is a Halifax-based magazine, written by teens for teens, filling a very real need in Atlantic Canada. This powerful tool gives teens the chance to express themselves and be published. For more information, check out their website
➡ www.teensnowtalk.com.

Remember to be a responsible digital citizen—engage safely and respectfully.

For more information about online safety for girls, check out
➡ www.cybersafegirl.ca and
➡ www.antibullying.novascotia.ca,
or read more on page 60 of this Guide.

TRY A WORLD VIEW

The **United Nations**
➡ **www.un.org**
is a meeting place for all nations around the world to discuss different issues that affect their countries and their people, and a place where they can find common solutions to addressing them.

Many schools participate in Model United Nations called "Model UN" projects to give students of all ages the opportunity to experience what the United Nations forum feels like. Through the Model UN, students like you can get an opportunity to learn about countries around the world. You could be a UN delegate from Algeria or New Zealand, and talk to your friends and classmates while they represent other countries like China or Sweden.

Ask your social studies teacher if your school has a team. If they don't, consider starting one! This website is a good place to start to get more information about **Model UN**
➡ www.un.org/cyberschoolbus/modelun/start.html

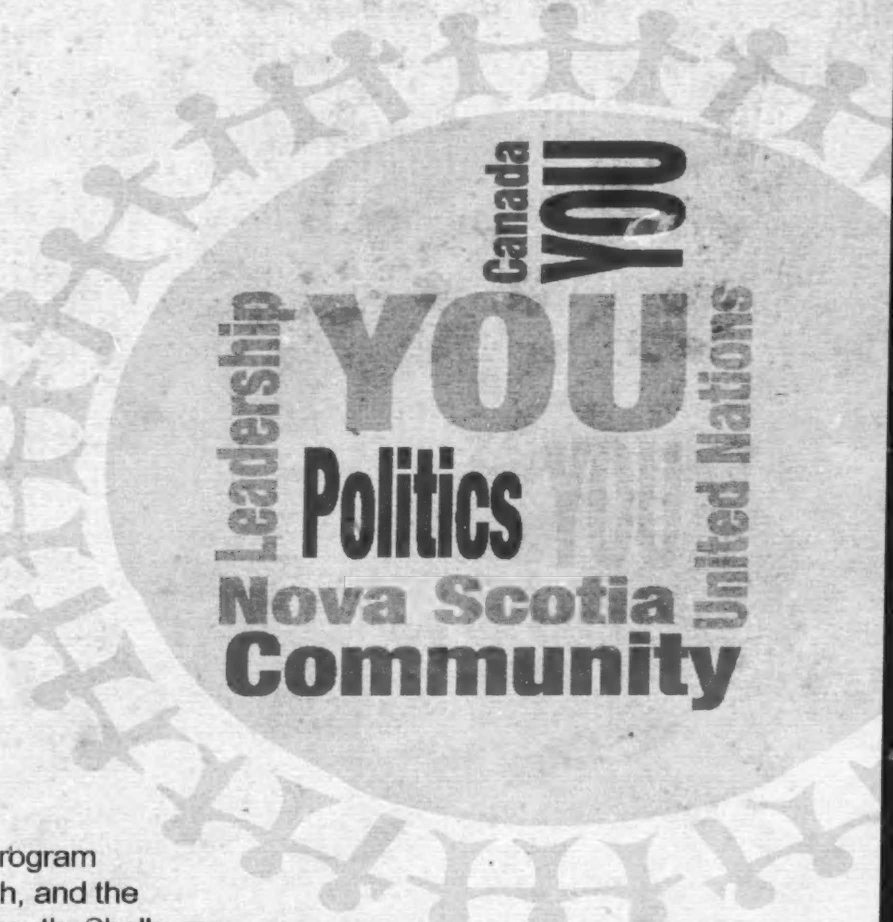
For opportunities across Canada and around the world, check out:

Volunteer Canada → **www.volunteer.ca**

Get Involved → **www.getinvolved.ca**

Canada World Youth → **www.canadaworldyouth.org**

The Youth Zone of the Canadian International Development Agency
→ **www.acid-cida.gc.ca/youth**



Did you know that there are eight community-based women's centres across Nova Scotia?

They offer different services, programs, and resources for women of all ages—including girls and teens like you!

For example, the LEA Place Women's Centre in Sheet Harbour runs a Girl Power Day Camp in the summer, while the Second Story Women's Centre in Lunenburg runs a four-day camp called Girl Talk. The Antigonish Women's Resource Centre in Antigonish has a school-based violence prevention program called Healthy Relationship for Youth, and the Tri-County Women's Centre in Yarmouth, Shelburne, and Digby has completed the Youth Truth Matters project, which centred on youth being the leaders on addressing drugs in the community. For more information about the Women's Centre in Nova Scotia, go to **Women's Centre Connect** → www.womenconnect.ca.

Politics is for EVERYONE

Politics is for everyone. If you care about the decisions that happen in your schools, your communities, in Nova Scotia, in Canada, and around the world — then you can relate to a thing or two about politics, leadership and government.

Even if you're not old enough to vote, you can still be involved and still be a part of the conversation. Young people are becoming more and more politically aware and involved.

You might not be concerned about the next wastewater treatment facility, but you might want to share what you think about municipal council opening a new park, or your school administrator's decision about a new dress code in your school.

Student Council

Student councils are a great way to get involve and organize around school issues you care about. Primary, secondary and post-secondary schools have student organizations that you can participate in if this is something that interests you. Other community groups, such as sports teams or your neighbourhood organizations can also provide leadership opportunities for you to explore.

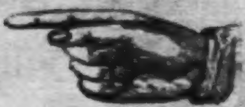
It's Your Right to VOTE!

When you turn 18, you can also vote in all kinds of elections where you can pick which politician best represents what you want and believe in for yourself and your community. At 18, you can vote in municipal, provincial and federal elections. You can even consider to run for office one day! Canadian provincial and federal governments are formed by elected representatives who belong to political parties, while municipal government elections do not have party politics. Political parties usually have an association for their young members.

WEBSITES ABOUT POLITICS

CHECK

THEM OUT



FEATURED WEBSITES

ELECTIONS CANADA
WWW.ELECTIONS.CA
ELECTIONS NOVA SCOTIA
WWW.ELECTIONSNOVASCOTIA.CA
GREEN PARTY OF CANADA
WWW.GREENPARTY.CA
NOVA SCOTIA LIBERAL PARTY
WWW.LIBERAL.NS.CA
NOVA SCOTIA NEW DEMOCRATIC PARTY
WWW.NDPCAUCUS.NS.CA
PROGRESSIVE CONSERVATIVE PARTY OF NOVA SCOTIA
WWW.PCPARTY.NS.CA

HOW MANY WORDS CAN YOU MAKE OUT OF THE WORD REPRESENTATIVE

HOW MANY WORDS CAN YOU FIND!

Z	P	S	A	N	M	E	J	A	E	R	H	Y	C
A	S	C	T	E	O	U	P	N	D	O	L	T	O
M	R	N	D	U	S	D	G	O	A	T	L	I	U
P	O	I	O	T	D	A	E	S	H	N	E	N	N
E	A	D	I	I	G	E	W	E	B	E	A	U	C
A	C	C	E	E	T	C	N	S	R	M	D	M	I
C	E	R	M	L	T	C	C	T	Y	F	E	M	L
E	B	E	U	T	E	I	E	E	L	O	R	O	U
E	N	R	E	E	T	N	U	L	O	V	S	C	L
T	A	C	T	I	V	I	S	M	E	Q	H	A	O
O	X	I	L	E	C	I	V	R	E	S	I	Z	T
V	A	O	D	E	B	A	T	E	J	C	P	Y	R
X	P	Z	L	N	N	U	P	S	O	J	J	S	D
E	X	G	D	N	D	G	N	S	S	H	W	O	B

ACTIVISM
COMMUNITY
COUNCIL
DEBATE
ELECTIONS
ENGAGEMENT
FREEDOM
HOPE
JUSTICE
LEADERSHIP
MEDIA
MENTOR
MODEL
PEACE
POLITICS
ROLE
SERVICE
SOCIAL
STUDENT
VOLUNTEER
VOTE

GO AHEAD

GET INVOLVED

NOTES

NOTES

Resources in Nova Scotia

Listed in the next few pages are some resources available for girls across Nova Scotia. It is not a comprehensive list. We encourage you to refer to the most current and accurate information from each organization.

Addiction Services

Addiction Services
www.gov.ns.ca/hpp/addictions

Al-Anon
www.freewebs.com/alanonmaritimes

Native Alcohol and Drug Abuse Counselling Association of Nova Scotia
www.nadaca.ca

Youth Truth Matters (YTM) Project
www.youthtruthmatters.com

Cultural Awareness and Anti-Discrimination

Aboriginal Affairs
www.novascotia.ca/abor

Acadian Affairs
www.novascotia.ca/acadian

African Nova Scotian Affairs
www.ansa.novascotia.ca

Association of Black Social Workers
www.nsasw.org

Black Cultural Centre for Nova Scotia
www.bccns.com

Gaelic Affairs
www.gov.ns.ca/oga

Human Rights Commission
www.humanrights.gov.ns.ca

MANS - Multicultural Association of Nova Scotia
www.mans.ns.ca

Mi'kmaq Native Friendship Centre
www.mymnfc.com

Nova Scotia Communities, Culture and Heritage
www.novascotia.ca/cch

Nova Scotia Virtual Archives
www.gov.ns.ca/nsarm/virtual

Office of Immigration
www.novascotiaimmigration.ca

Women's Federation of Acadian Nova Scotia
www.ffane.ca

Education and Employment

Black Business Initative
www.bbi.ca

Black Educators Association
www.theblackeducators.ca

CanLearn
www.canlearn.ca

Careerbeacon
www.careerbeacon.com

Careers Nova Scotia
www.careers.novascotia.ca

Centre for Entrepreneurship Education and Development's Youth Employability Project
www.ceed.ca

Centre for Women in Business
www.centreforwomeninbusiness.ca

Council on African Canadian Education
www.cace.ns.ca

Employment Support Services
www.novascotia.ca/coms/employment/index.html

Federal Student Work Experience
www.jobs-emplois.gc.ca/fswep-pfete/index-eng.php

Government of Canada: Youth Services
www.youth.gc.ca

Human Resource Development Centers
www.hrsdc.gc.ca

Job Bank
www.jobbank.ca

Job Junction
www.jobjunction.ca

National Student Loans Service Centre
www.nslsc.canlearn.ca

Nova Scotia Department of Education and Early Childhood Development
www.ednet.ns.ca

Nova Scotia Department of Education and Early Childhood Development's Options and Opportunities
www.ednet.ns.ca/O2

Nova Scotia Department of Labour and Advanced Education
www.novascotia.ca/lae

Nova Scotia Student Loan Office
www.studentloans.ednet.ns.ca

Phoenix Learning and Employment Centre
www.phoenixyouth.ca/youth/learning-employment-centre

Techsploration
www.techsploration.ca

Women Unlimited
www.weesociety.ca

Youth Live
www.halifax.ca/youthlive

YWCA Halifax
www.ywcahalifax.com

Family Resource Centres

AKOMA Center
www.akoma.ca

Apple Tree Landing Children's Centre
www.nsnet.org/appletreelanding

Bayer's Westwood Family Support Services
www.bayerswestwoodfrc.com

Better Together Family Resource Centre
www.southshorefamilyresource.org/include/lunenburg.htm

Building Blocks Family Resource Centre
902-362-2227

Cape Breton's Family Place Resource Centre
www.familyplace.ca

Centre provincial de ressources préscolaires (Français)
www.cprps.ca

Chester and Area Family Resource Centre
www.chesterfamilycentre.ca

Dartmouth Family Resource Centre
www.dartmouthfamilycentre.ca

Digby County Family Resource Centre
902-245-6464

East Preston Family Resource Centre
902-462-7266

Eastern Shore Family Resource Association
www.esfamily.org

Fairview Family Centre: Parent & Tot Meeting Place
902-443-9569

Family Matters - Annapolis County Family Resource Centre
www.family-matters.ca

Family Place Cape Breton Regional Municipality
www.familyplace.ca

Family Resource Centre of West Hants
www.frcofwh.webs.com

Greenwood Family Resource Centre
www.cg.cfpsa.ca

Halifax and Shearwater Military Family Resource Centre
www.halifaxmfrc.ca

Halifax Military Family Resource Centre
www.halifaxmfrc.ca

Home of the Guardian Angel
www.homeoftheguardianangel.ca

Kids First Family Resource Centre
www.kids1st.ca

King Street Family Resource Centre
www.southshorefamilyresource.org/include/shelburne.htm

Kings County Family Resource Centre
www.kcfrc.ca

La Pirouette
www.lapirouette.ca

Maggie's Place
www.maggiesplace.ca

Memory Lane Family Place
www.memorylanefamilyplace.com

Mi'kmaq Child Development Centre
www.mymnfc.com/mi-kmaq-child-development-centre

Mi'kmaq Family Treatment Centre

Truro
1-800-565-4741

Whycocomagh
1-800-565-3440

Native Council of Canada: Child Help Initiative Program
www.ncns.ca/programs-services/child-help-initiative-program-chip

New Ross Family Resource Centre
www.nrfrc.ca

New Waterford Family Resource Centre
902-862-7140

North End Parent Resource Centre
902-492-0133

Parent Resource Centre
902-464-2203

Parents and Children Together
www.parentsandchildrentogether.info

Parent's Place
www.parentsplaceyarmouth.org

Queens County Family Resource Centre
www.southshorefamilyresource.org/include/queens.htm

Single Parent Centre
www.homeoftheguardianangel.ca

South Shore Family Resource Association
www.southshorefamilyresource.org

St. Paul's Family Institute
902-479-1015

Ward 5 Community Centre
www.ward5.org

For Persons with Disabilities

Affirmative Industries
www.affirmativeindustries.ca

Atlantic Provinces Special Education Authority
www.apsea.ca

Disabled Persons Commission
www.disability.novascotia.ca

Independent Living Nova Scotia
www.ilns.ca

Learning Disabilities Association of Nova Scotia
www.ldans.ca

ReachAblity
www.reachability.org

Health and Sexuality

AIDS Coalition of Cape Breton
www.aidscoalitionofcapebreton.ca

AIDS Coalition of Nova Scotia
www.acns.ns.ca

BLT Teen Health Centre
902-876-4381 (ext. 3)

Canadian Federation for Sexual Health
www.cfsh.ca

Lower Sackville Teen and Youth Clinic
902-869-6106

Nova Scotia Association for Sexual Health
www.nssexualhealth.ca

Planned Parenthood
www.canadiansforchoice.ca/counseling.html

Self Help Connection
www.selfhelpconnection.ca

Sexual Health Centres
www.nssexualhealth.ca

Stepping Stone
www.steppingstonens.ca

Help Lines

211
www.ns.211.ca

*911
www.emo.gov.ns.ca/content/911

Kid's Help Phone
www.kidshelpphone.ca
1-800-668-6868

Metro Help Line
902-421-1188

Nova Scotia Youth Help Line
1-800-420-8336

Pictou County Youth Help Line
902-752-5952

Sydney Youth Help Line
902-562-4357

Yarmouth Help Line
902-742-1331

Immigrant Support and Services

African Diaspora Association of the Maritimes
www.adamns.ca

Halifax Refugee Clinic
www.halifaxrefugeeclinic.org
902-422-6736

Immigrant Settlement & Integration Services
www.isisns.ca

YMCA School Settlement Program
www.chs.ednet.ns.ca/ymca

Law and Legal Services

Coverdale Courtwork Services
www.coverdalecourtwork.com

Dalhousie Legal Aid
www.dal.ca/faculty/law/dlas.html

Elizabeth Fry Society
www.efrynovascotia.com

Legal Information Society of Nova Scotia
www.legalinfo.org
902-420-1888 (not toll free)

Nova Scotia Legal Aid
www.nslegalaid.ca

LGBTI Network and Support

EGALE
www.egale.ca

Nova Scotia Rainbow Action Project
www.nsrap.ca

PFLAG
www.community.pflag.org

The Youth Project
www.youthproject.ns.ca

Libraries

Annapolis Valley Public Library
www.valleylibrary.ca

Cape Breton Public Library
www.cbrl.ca

Colchester-East Hants Public Library
www.lovemylibrary.ca

Cumberland Public Libraries
www.cumberlandpubliclibraries.ca

Eastern Counties Regional Libraries
www.ecrl.library.ns.ca

Halifax Public Libraries
www.halifaxpubliclibraries.ca

Pictou-Antigonish Regional Library
www.parl.ns.ca

South Shore Public Libraries
www.southshorepubliclibraries.ca

Western Counties Regional Library
www.westerncounties.ca

Online Safety and Anti-Bullying

Cybersafe Girl
www.cybersafegirl.ca

Government of Nova Scotia
Anti-bullying Website
www.antibullying.novascotia.ca

NeedHelpNow.ca
www.needhelpnow.ca

Wired Safety
www.wiredsafety.org

Violence Intervention and Protection

Avalon Sexual Assault Centre
www.avaloncentre.ca

Colchester Sexual Assault Centre
www.nsdomesticviolence.ca/resource-map/type/sexual-assault-services

HRP Victim Services
www.halifax.ca/police/programs/victimservices.html

LOVE (Leave Out Violence)
www.leaveoutviolence.org/novascotia

Mi'kmaq Family & Children Services of NS
Bear River
902-467-3970
Eskasoni
1-800-565-8300
Shubenacadie
1-800-263-8686

Mi'kmaw Family Healing Centre
www.thans.ca/Content/Mi'kmaw FHC

Mi'kmaq Young Offender Project
902-379-2042

NS Domestic Violence Resource Centre
www.nsdomesticviolence.ca

Phoenix Youth Shelter
www.phoenixyouth.ca

Volunteering Opportunities

Girl Guides of Canada
www.girlguides.ns.ca

Government of NS Youth Secretariat
www.novascotia.ca/coms/families/youthsecretariat

Heartwood Centre for Community Youth Development
www.heartwood.ns.ca

HRM Volunteer Services
www.halifax.ca/volunteerservices

HRM Youth
www.halifax.ca/hrmyouth/volunteer

Kings Volunteer Resource Centre
www.kingsvolunteerresourcecentre.ca

NS Youth Advisory Council
902-424-5972

Women's Centres

Annapolis Royal: A Woman's Place
www.womensplaceresourcecenter.com

Central Nova Women's Resource Centre
www.cnwrc.weebly.com/services1.html

Every Woman's Centre
902-567-1212

LEA Place Women's Resource Centre
www.leaplace.com

Lunenburg: Second Story Women's Centre
www.secstory.com

Pictou County Women's Centre
www.womenscentre.ca

South House Sexual and Gender Resource Centre
www.tigersociety.dsu.ca/organization/southhouse

Strait Area Women's Place
www.straitareawomensplace.blogspot.ca

Tri-County Women's Centre
www.tricountywomenscentre.org

Antigonish Women's Resource Centre and Sexual Assault Services Association
www.antigonishwomenscentre.com

Youth Centres

Department of Health and Wellness – Youth Health Centres
www.gov.ns.ca/ohp/healthy_development/sexuality-yhc.asp

Mainland South Teen Health Centre
902-479-4281

North side Youth Help Centre
902-794-6245

Our House Youth Wellness Centre
1-877-469-6884

Phoenix Youth Programs: Health Services
www.phoenixyouth.ca

Spartan Lifestyle Program
902-464-2457 (Ext. 104)

The Red Door
www.thereddoor.ca

Youth Centre
  New Waterford Youth Centre
  902-862-9670
  Sydney Youth Centre
  902-567-1056
  Glace Bay Youth Centre
  902-842-1612

Youth on the Move
  Eastern Shore District High School
  902-889-3581

This third edition of Guide for Girls was published to celebrate International Day of the Girl on October 11th. This book was created especially for girls throughout Nova Scotia, and MANY people participated to make this resource possible.

The Advisory Council on the Status of Women wishes to thank a number of individuals and organizations for their valued contribution including the following government departments and agencies:Office of Aboriginal Affairs, Office of Immigration, Office of African Nova Scotian Affairs, Acadian Affairs, Human Rights Commission, Education and Early Childhood Development, Labour and Advanced Education, Health and Wellness, Communities, Culture and Heritage, Community Services, Justice, and Communications Nova Scotia.

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Project Manager: Jhoanna Gonzales Miners
Production Coordinator: Etta Moffat
Editor: Diane MacGregor
Design: Kathy Kaulbach, Touchstone Design House

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This book is available ➡ www.women.gov.ns.ca/g4g.html

Nova Scotia
Advisory Council on
the Status of Women

NOVA SCOTIA

For more information, contact the
Nova Scotia Advisory Council on the Status of Women
6169 Quinpool Road, Suite 202, Halifax NS B3J 2T3

902-424-8662

Email: women@gov.ns.ca

Web: www.women.gov.ns.ca